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Cover: Jeffery M. Hertzberg/Photo: The House of Seagram. By Cole Gaudin



'It wasn't until I read your article that I knew for sure; my mother is indeed a narcissist'

POOR US

THANK YOU for your article on the new frugal life and how it could make us healthier and happier ("Living on less," *Railroad*, Nov. 3). The recent global financial disaster has emphasized the need to rethink our economic model. The current model predicated on greed and selfish capitalist aspirations has led us not only to the current disaster but to a society that displays massive inequalities, growing income disparity and greed at the expense of the environment and the collective good of Canadians. We need an overhaul of government regulations to redefine our approach to the economy and capitalism, with strict limits on compensation for executives, a wage for working people that guarantees a respectable standard of living, better use and protection of our natural resources, and a more agreeable attitude toward the common good among Canadians.

Garry Lewis, Owen Sound, Ont.

THERE'S A LITTLE JOY in fragility when you live on very little income and all your life's expenses have gone up in price. My basic food staples such as wheat products have gone up by over 100 per cent, property taxes have skyrocketed, and the total lack of infrastructure makes us dependent on high fuel costs for the vehicles we need to get around. There is little public transportation in most rural areas, and if there is service, you pay \$10 for the token (up to the nearest shopping mall). Frugal is when you have it and use it sparingly; poverty is when you don't have it, so you can't use it at all. But don't forget to be joyful about it.

Helmut Mayer, Mayfield, Ont.



AFTER HAVING 10 years ago, my husband and I decided that we would forgo many things in order to pay off our mortgage as quickly as possible. Many of our colleagues and friends questioned our choice, and even laughed at us for our fragility. We chose to buy a master home rather than a huge rustic-style house, to cook meals at home rather than go out to restaurants, to borrow books, DVDs and CDs from the library, to buy second-hand clothes for ourselves and our children, and to give imaginative but thoughtful gifts to each other for Christmas and birthdays. Our first mortgage was paid off after seven years, after which we bought a larger home, which we aggressively paid off as well, later selling it for a small profit. We now have the satisfaction of knowing that our current mortgage will be paid off in five

years, our cars are paid for, and our children know the value of a dollar. We, our savings and pensions have taken a hit, but by saving the really handsome thousands of dollars in interest on our mortgages, we can most easily weather the current economic climate. What's fragility now?

Jonquil Gerrard, Richmond, Ont.

MOMMY DEAREST

FOR A MOMENT OF PEACE now I have suspected my mother was a narcissist, but until I read Julia MacLean's article ("When your mother's a narcissist," *Help*, Nov. 3), I couldn't be sure. Now I feel vindicated; my mother is indeed a narcissist. In fact, this article could have been written about her exclusively. My mother made my life so intolerable that, in my pain, I thought I was surely alone in suffering such torments. I now realize that many other men have been enduring similar angst.

Wilma Ferguson, Stratford, Ont.

WHO'S OPINIONATED?

I WAS FURNISHED with the Maclean's editorial calling for a majority Conservative government ("These times call for a majority government," *Frontline*, Oct. 11). There was no wisdom at all in voting against Harper. Doing so effectively amounted to shunning a CEO and the relentlessly expanding mainstream performance in the middle of financial turmoil. This deserves discussion, but knowing Harper, he will take up the challenge and succeed.

Merley Blair, Burlington, Ont.

I WAS HIGHLY AMUSED by a letter in the Nov. 3 edition of Maclean's expressing a reader's disappointment with your editorial calling for a Tory majority. The obviously does not understand that an editorial is, by definition, an expression of opinion rather than a factual reporting of an event. Or perhaps the just means you published opinions with which she agreed?

Genald C. Young, Calgary

AS A LONG-TIME subscriber and someone who fortunately has the time to read all or most of my Maclean's every week (bring light on the number of my brain cells), I must say that after reading your editorial supporting the Conservatives ("Budgets for bad times,"



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From the Editors, Nov. 15, I almost forgot my subscription. But after reading the article by Andrew Coyne, Phil Wells, John Gaudin, Peter Hynes, Taylor, Adam J. Kuhn, Colin Campbell and Jason Kohn, I decided I would be foolish to pass up a magazine that continues to inform on so many diverse and important issues. Keep up the good work, but consider sending your editorial writers on a paid tour. *Bill Orr, St. Catharines, Ont.*

WHAT THE HALLE?

I DON'T MUCH CARE if Halle Berry has ongoing or multiple partners, or that she is fully in charge of her own sex life (Most ignored, Nov. 3). This is Canada, and this is supposedly our national newspaper, not a titillating scandal sheet. Your own scri-

es have more than once suggested that there's a place for practice—glens put into practice. When it comes to nationalistic movie stars, I really don't need to know if this *Anna Karenina* actress, *Novelle, N.Y.*

live with forever. There is nothing anyone can do to change what has happened, but the shame and humiliation she feels is palpable. Now, at 70, she writes a book to tell the entire world how she ended up being a parent. I think I would have kept it to myself. *S.L. Clark, Edmonton*

FREE TRADE WITH EUROPE

ANDREW COYNE is to be commended for his column exploring an economic union between Canada and Europe ("The bold economic move you've heard all," *Opinion, Nov. 3*). His essay has shown us, as he points out, the sour outcomes that arise from gross protectionism during periods of shrinking economic fortunes. It is precisely as nations such as those that our government must take bold action and open the door to new markets (Stephen Harper is willing and able to bring us into new and



LOPINE Adams overcame bad timing for her children's legacy

ONLY IN CANADA, EH?

YOUR ARTICLE about Crest & Borden's ending into Canada has been causing concern to our customers ("Warning at Risk," *Harris, Oct. 6*). The article lists Borden as one of several companies in the home décor sector to decline bankruptcy. Although it clearly references competition in the U.S., it's easy to see how some of our Canadian customers have misinterpreted the article as being about Borden in Canada. While the store is no longer most in the U.S., the Canadian piece of the business was bought by a Canadian company, a now proudly Canadian and has been operating since February 2008 with no break in service.

Only McGarry, Creative Director, Borden & Co Ltd., Vancouver, Ont.

MARC LÉPINE'S MOM

IT SEEMED TO ME, while reading Kate Filson's interview with Monique Lépine, whose son Marc Lépine killed 14 women at the École Polytechnique in Montreal on Dec. 6, 1989, and whose daughter died of a drug overdose (*Interview, Nov. 15*), that she wants to lay the blame for her son's legacy on everyone but herself—the man who fired them, the supportive families and society she is not the only woman who has faced difficult life situations, but she has made some very awful choices. The dreadful results are something she said 14 other families will have to

experience: economic partnerships, Canada have made the right choice. *Greg Gormick, London, Ont.*

A CANADA/EUROPE free trade agreement? We still haven't cleared problems with the U.S. over our agreement with it. Imagine becoming yes-men to the EU. Canada needs some stable, long-term planning, not just a freewheeling display. *Pend Deane, Orono, Ont.*

IN PASSING

Studs Terkel, 96, author. He established art history as a serious genre in American letters and penned numerous bestsellers, including *Down from the Mountain* in 1966 and *The Good War: An Oral History of World War II* in 1984. One once hailed Terkel's writing as being "complexly free of sociological clichés, another reason to read his academic nonfiction."

YVES BÉLUC, 86, singer. The Persepolis singer with a 44 octave range became an international sensation in the 1950s and was a bestseller for Capitol Records from his first album, *Noir of the Whiskey*. He appeared in several films, including *Secret of the Inca*, and performed around the world.



Good news

Uncommon sense

The privacy commissioners of Ontario and British Columbia deserve full marks for a rare display of common sense. Declaring that "life trumps privacy," David Loukides and Ann Cavallano released a new set of guidelines that allow universities to disclose a student's personal information in certain circumstances. The policy shift comes after two 18-year-olds, both suffering from depression, committed suicide on campus. In both cases, the schools claimed that strict privacy laws prohibited officials from warning their families in advance. Their liability, so other parents will be the same *Indigenous news*

CBC = birth control?

Then politicians continue to (dis)respect the U.S. News in Canada. Statistics Canada reports a drop in abortion from 139,000 in 2005, down from almost 19 per 1,000 in 1995. Abortions also declined. Why the difference? Perhaps it's because our education and health care are a more accepted part of the curriculum in Canada. Or maybe our teens have wholesome TV done full of hockey and Peter Mandelstam? A new American study found a higher rate of teen pregnancy among those who watch TV shows. Which begs the question: *Is teen TV shows so sexual activity, or are sexually active teens more interested in social content? Kind of a chicken or embryo conundrum.*

Bottoms up, Mommy

A new U.K. study suggests that nothing wrong with pregnant women having a couple of drinks a week. In fact, it seems beneficial—boys born to light drinkers

A WEEK IN THE LIFE OF THE 'MASKED AVENGERS'

Last Tuesday, Matt Damon, Ben Stiller, Robert De Niro and Morgan Freeman called Sarah Palin's staff and claimed French President Nicolas Sarkozy wanted to visit her within the U.S. election. It took five days, but on Saturday, they finally got to John McCain's VP pick. In a six-minute primetime slot, the duo, known as *Le Petit Prince*, buffed her talk of baby and buns, and Carlo Caracciolo's role as the *Phantom*. By Monday, the pair were in NYC doing the network news show.

Bad news

The price of justice

An Ontario judge, ruling on a divorce case that lasted six years and cost the husband \$182,000 in fees and disbursements, has blasted the legal profession for its "excessive" and "unjustified" bills. Meanwhile, a Nova Scotia attorney is suing on her professional liability policy for the costs of a campaign against her client. And it's not just the poor and middle class who are struggling to afford access to the sys-

tem charges in separate incidents. And in the most serious case, a Montreal attorney under investigation in the tearing and death of Robert Desrosiers a year after facing charges of negligent driving causing death after a 21-year-old motorcycle was struck by a Jeep. A shameful parade to the highest attorney compensation system dealing and driving.

How low can you go?

The government of British Columbia has been accused of poisoning UNICEF's milk donated to fight the spread of AIDS, tuberculosis and malaria among at-risk populations. Excessive gold miners are shutting down because the country's central bank hasn't paid them for their output. Back bottom.

Flying is still hell

The price of jet fuel may be falling, but air travel isn't getting any cheaper. Flights in the U.S. are the highest they've been in 25 years, and tacked-on fees for everything from checked bags to seat selection appear to be here to stay. For Canadians, there's special cause for concern. Transportation Canada says that there are no rules concerning the rights of passengers whatever when aircraft are grounded. In a review of an incident last March where two Canadian flights loaded with passengers sat for 12 hours on the Ottawa tarmac with no food, toilet or water, the agency found a regulatory black hole. Struck on a plane? Under an own belief, you're not your own. **B**



FACE OF THE WEEK

HELP NEEDED: A boy waits for medical attention at a hospital in northern Congo. Tens of thousands have fled the latest fighting.

Best served cold

The Scott, Cameron of the ruling Conservative Party and its associate politicians, are finally getting their due punishment. The Scottish parliament has elected a controversial hawk, luxury hotel and housing development by self-promoted, comb-over author Donald Trump, overruling the objections of locals and concerns of environmentalists.

A new U.S. study shows business spent 11 per cent more on in-house law departments last year—probably because outside legal firms billed their hourly rates by 6-12 per cent—the biggest jump in seven years. Justice is being served, but at these prices, not for everyone.

Do as I say...

It was a bad week for authority figures in B.C. Police disclosed their three members of the RCMP, two of them school liaison officers, as well as the chairman of the North Vancouver school board, are facing expanded driv-

MACLEAN'S BESTSELLERS

COMPILED BY STEVE BETHUNE

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LAST WEEK'S BESTSELLERS

Telling truth to power, and to all of us, too



PAUL WELLS
This week's question won't be hard to answer: do you prefer reliable information about how your tax dollars are spent? Yes, I thought so. Then you need to know what Kevin Page has been up to and how his good work is understood.

Kevin Page is Canada's first parliamentary budget officer. His office was created by the Harper government, in fulfillment of a 2006 campaign promise. Stephen Harper's Conservatives promised, in their platform, to "create an independent Parliamentary Budget Authority to provide objective analysis directly to Parliament about the state of the nation's finances and trends in the national economy." It would "analyze government expenditures and agencies to provide clear, timely information" to the new cabinet. The goal of all that? "Truth in budgeting."

In due time, the Conservatives delivered. Bill C-1 created an Office of the Parliament Budget Officer. Page, a distinguished career civil servant, was given the job.

Thanks a lot to work. You will already have heard about his first project: Page produced an independent estimate of the cost of Canada's participation in the Afghanistan war. It was meticulous and rigorously transparent. The officials who did the work signed their name to it, which is unheard of in bureau cratic circles. The report landed with a hell-scream that rises days before the latest federal election, because it put the cost of the Afghanistan deployment at \$18.1 billion, more than double the official figure.

There could hardly be a more inherently political act than to check the government's sums on the cost of a war in the middle of a campaign. In fact, it was an opposition MP, Paul Dewar (NP, Ottawa Centre), who asked Page to produce his report. But it's a comment to Page's conscientious work that nobody questioned his impartiality. He chose

to answer a general question instead of the more loaded question: Dewar put to him. He further clarified and delayed his work to meet somebody's political agenda. He released it to government, opposition, reporters and, through his release, to all Canadians at the same time—precisely so Dewar, who asked for the information, wouldn't be able to spring the information on the government later, at some advantageous moment. And Page's report included a model for estimating the cost of future wars, an invaluable gift to future parliamentarians.

It was stellar work. The Conference of Defence Associations, a pro-military industry group, called the report "excellent and well researched." So why, less than a month later,



A neutral watchdog provides reliable data on an important issue. Better shut him down.

is somebody trying to shut Page down?

That's not clear. The result is an Oct. 16, the speakers of the House of Commons and the Senate, Peter Milliken and Noel Kinsella, delivered a letter in which they complained that Page has been too public and independent.

Milliken and Kinsella wrote to the librarian of Parliament, William F. Young, to inform him that Page's office was set up as a unit within the Library of Parliament. "Nowhere in the regulations is the Officer referred to as an independent officer of either Parliament or the Library." So by trespassing around telling you and me how much our wars, budgets and other programs cost, Page is "exceeding his mandate, the two speakers note. (In setting up Page's office, Parliament "certainly" didn't intend "to put the Officer at the centre of parliamentary or public decision-making.")

on parliamentary or constitutional function of overseeing the executive."

This is insane. You will not find a public provision of any kind in the constitutional function was implied when Page came up with the first reliable costing of Canada's most important foreign policy adventure. That's because reliable information can only help parliamentarians. And of course Parliament intended to put Page in the centre of public debates. That's why Peter Van Loan, who was then the government's most vocal, applied Page's appointment and said he would "provide independent analysis to Canadians on the state of the nation's finances."

Three days after Milliken and Kinsella sent their letter to Young, the librarian of Parliament sent his own letter to Page, which so far has not been released publicly. (I'm told it was Page's own library, requiring him to release his reports to Young, instead of directly to all parliamentarians and the public. "We have a major, major crisis," somebody who works in Page's office told me. "It's obvious they're trying to get [Page] to quit.")

Which leads to the obvious question: who's "they"? Who wants to muzzle an ambitious and conscientious new watchdog who straddled right into a political minefield for his first assignment and came through with flying colours?

Of course my first hunch was that it's larger Accountability always looks good until you're the government being held accountable. But that doesn't explain why Peter Milliken, a Liberal MP, would collaborate.

High Segal is a Conservative senator. His first of a sharply worded letter to Milliken and Kinsella for trying to shut Page in. He

warned them against presenting to speak for parliamentarians—especially two weeks after an election, when Milliken hasn't won re-election to the Speaker's chair yet. Nor should they let Young treat this new watchdog as just another staffer.

Segal didn't stop, glossing up to "harassment and anger." Page is making noise and getting it loud. He's making others look bad. No matter: he must not have his wings clipped when he has barely begun today. Page is already at work producing an independent economic and fiscal update, so we can check his sums again against the cost Finance Minister Jim Flaherty will produce. This is precisely what an independent budget officer should be doing. Let him do it. ■

ON THE WEB: For more that Paul Wells writes on big it: macleans.ca/politics/news



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Now it's a have-not, Ontario can stop moaning



ANDREW COYNE

Let's get one thing straight right from the start: Ontario is in no particular worse a "have-not" province. If the province is now on the equalization dole for the first time in Canadian history, it is not because it has grown poor—Ontario's median family income, at more than \$66,000 in 2006, was second only to Alberta—but because other provinces have grown rich.

Likewise, if a couple of the former "have-not" provinces now find themselves among the "haves"—Newfoundland and Saskatchewan, joining British Columbia and Alberta—it is not because of any particularly Herculean effort on their part, but because of the sudden and spectacular rise in the price of oil in recent years.

Still, a dozen other hard things on their heels, doesn't it? I don't even in the scheme that Newfoundland is now joining in a program that Ontario is dropping out of. And that both provinces have abruptly been deprived of any basis for their enduring grudges against the feds, the cure and feeling of which has been the particular poison of their respective provinces.

Can it have been only last year that the country was covering issues at the annual meeting of St. John's over the alleged injustice in the new equalization formula—you know, the one that would have kept Newfoundland poorer than Canada's poorest? It would have done nothing of the kind, at least, if the province had opted to use the new formula.

But never mind—it's all beside the point now. Newfoundland's revenues have ballooned to such an extent that it has floated free of the equalization program altogether, and, all of the province's taxpayers, it is now clear, were to much wasted breath.

As for Ontario, which had been working itself into an even snarl at the inequities of that same program—no, because it was too stingy, too tight, too, in last year's news. Now that it is in receipt of equalization payments, the province is suddenly much less interested in cutting equalization—so would be, if it could get over its confusion at finding itself in its current predicament, the very possibility of which it had refused to contemplate until about yesterday.

For now, it is all the province can do to muster a grump: "We're only paying one-



McGuintyites shouldn't be demanding cash, they should be demanding the feds cut taxes

selves, anyway" even as it is complaining at not being paid enough. The argument, intended to suggest a certain Upper Canadian superiority at having to submit to the program's absurdities, holds no water whatsoever. Yes, the money that Ontario's government draws out of equalization comes in part from the money that Ontarians (not their governments) pay into the feds' case of every recipient province.

Indeed, it's true of every federal transfer. It's not some quirk of equalization—it's in the nature of fiscal federalism. The money the feds pay the provinces comes, not from some place called "Ontario," so the provinces would like everyone to believe, but from their own taxpayers. The McGuinty govern-

ment's agelessly ancient policy of not necessarily exposed to public view.

If Ontario's overall complaint of ill treatment, the so-called "Goolgays," had any basis in reality, the McGuintyites should not be demanding more money for health care, or immigration, or employment insurance to make up the difference, since all of that money comes, in part, from Ontarians. They should be demanding the feds cut taxes. Just as it doesn't, they don't. It's just another scheme to extract more cash from the feds.

I suspect we will hear less about the fiscal gap in future, since the actual expenditures for it—our federal government's, but the higher-than-average incomes that Ontarians enjoy—may soon cease to apply. That is, what has been a relative decline until now may turn into an absolute decline. That ought to, but probably won't, occasion a little soul-searching on the part of the McGuinty government.

It's all very well to talk about high oil prices, or a high dollar, or a slowing U.S. economy for the role they have played in Ontario's recent woes. But as for the province's economy has been performing sluggishly for the better part of a decade. Ontario's per capita GDP is virtually unchanged, in inflation-adjusted terms, from what it was in 2001.

That's not why the province now finds itself in deficit: per capita revenues, after inflation, are 15 per cent higher than they were when McGuinty took office. But without a rising economy to finance its outrageous spending habits—a nearly 40 per cent increase in just four years—the province has had to squeeze every available revenue source dry, first raising personal and corporate taxes by billions of dollars and, when even that proved insufficient, demanding that Ontarians fill the gap. Which is how you'd never know it from the

McGuinty government's rhetoric, but federal transfers to Ontario have more than tripled in the last decade, from \$4.6 billion in fiscal 1999 to nearly \$17 billion this year.

Surely, at some point, someone in the province will notice that, for all of McGuinty's tax increases, the province's own-source revenues are no higher now, at 11.3 per cent of GDP, than they were under the conservative Mike Harris, while growth is markedly slower. Perhaps it will even occur to them to suggest that, if McGuinty's policies are not the cause of the province's economic troubles, they haven't exactly helped. ■

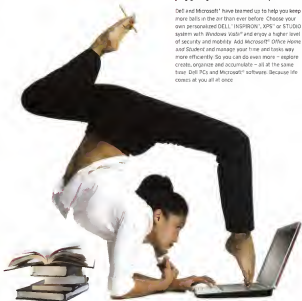
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IS THAT ALL THERE IS?

Jack Layton hopes economic turmoil will help the NDP grow

BY JOHN GEDDES — Jack Layton hardly seemed to break under fire in the Oct. 14 election. Prime Minister Stephen Harper clipped from him with a hammer-like down to work on appearing his own colour, and began drafting the *Thousand Speeches* that will set his second minority government on course later this month. Layton licked these wounds, assessed about rebuilding, then began reassembling his position for the responsible leadership contest to come. But Layton wasn't talking much the way he always has since jumping from Toronto politics to the national scene as New Democratic leader in 2003.

He called on Harper to support peace talks with the Taliban, an old Layton position, once ridiculed by the Tories, now solemn men. He urged Cameron to come up with a plan for Ottawa to backstop necessary pension plans jeopardized by the stock market plummeting. He demanded that Harper co-operate more handsily with the opposition parties where Parliament remains tilted. In short, Layton has sounded like he's promising security from a position of strength. And with his NDP caucus expanded to 37 MPs, some more than before the election, perhaps he is.

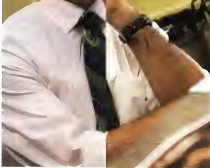
In an interview, he told Maclean's he saw the NDP's gains as "opening the foundation" for steady, if unspectacular, future growth. He began global economic uncertainty offers him a historic chance to win converts to the party's long-standing interventionist policies. There is, however, a glimmer way to read the NDP numbers. For the first time, the New Democrats spent in campaigns just the Tories and Liberals on a national scale, just shy of 18.2 per cent of the popular vote, only a shade up from the 17.6 per cent they took in 2006. Those 37 MPs, while up from 13 when Layton came to Ottawa, still number

less than half the Liberals' 76, and fewer than the record 43 the NDP elected under Ed Broadbent in 1986.

Robin Sears, who served as Broadbent's campaign director in that election, prices Layton's 2008 run as "harder" and the party's "most professional ever." All the more troubling, then, that a week's more successful Slack TV ads, mostly crowd-free performances by Layton, all stacked against a hawk-hunt control-left rant in Drum— and still the NDP failed to dislodge the Liberals' status as the main alternative to the Tories. For Sears, now a communications consultant for the Toronto firm Navigant, and no longer a party member, the next step is obvious: he lays out the case for a Liberal-NDP merger to the upcoming state of Policy Options, the journal of the Montreal-based Institute for Research on Public Policy, which is widely read among political insiders.

Sears dismisses little daylight these days between Liberals and New Democrats on policy. Nevertheless, he dwells a while on the left push, even if the case for it is compelling, would succeed any time soon. "This trial layover and history of political life," he said in an interview, "are greater than any doctrinal issue." Indeed, Layton rejects bringing together the left-of-centrist parties who Harper united the right. "The Liberal party," he says, "from among quite a few of the ideas we take along, but in government gave the other way." He has often railed in the past about Liberal government failing to make good on promises in areas like child care and greenhouse gas reductions.

Sears proposes to keep passionately building up what remains the fourth party force in the House. It took him a long slog. In his own words as leader, he has added an average of eight seats per decade at the pace, the NDP would finish a minority government after another 14 or 25 man campaigns. Layton, 58, laughs at the prospect of trading toward power until he is an old man. He argues his loving counsel grounds him for either success,



putting meticulous emphasis on how the NDP's share of the Quebec vote has climbed from less than two per cent in 2000, the last election before he took over, to just over 13 per cent in last month's test. Still, that was good enough for just one seat on Oct. 14, a glass given by MP Thomas Mulcair in the Montreal riding he first took for the NDP from the Liberals in a 2006 by-election.

As a fluently bilingual, Quebec born leader, Layton had stirred heads inside his party for a more defensive breakthrough. The NDP's Quebec vote holds its annual meeting Nov. 15 in Montreal, and early indications of its chances of keeping on building should come then. Will and/or Liberal credentialed, some attracted by Mulcair to run in the last election, slack around in executive roles or helplessness for the next one?

If Layton was looking on the bright side about Quebec, he was frank in noting

his disappointment over the election out come in Toronto, his adopted hometown. Only he said he will, Olivia Chow, now ending for the NDP in the country's biggest city. Layton is managing his former chief of staff, Bob Gaultier, to begin figuring out what went wrong and to co-opt up with new strategies. Considering Layton's nearly two decades' experience in Toronto politics, it's a surprising twist. Just as in unexpected, in a way, is his new strong act in northern Ontario, where the NDP stole four seats from the Liberals, partly over discontent in depressed forest industry towns.

It wasn't supposed to be this way. Relying on economic anxiety in borderland regions south of the old school NDP, Layton was supposed to deliver in a more urban, up-to-date version of social democratic politics. Layton still thinks he can fulfill that promise. University of British Columbia political science

professor Michael Byers, a star NDP candidate in this fall's election, ran third in his Vancouver Centre bid—more than 6,000 votes behind Liberal incumbent Hedy Fry—but he retained a Layton fan. His campaign simply NDP growth under Layton to the Liberals' local nearly 100 seats since Jean Charest's last majority win in 1996. "I've frequently asked when the NDP is going to co-operate with the Liberals," Byers says. "But I see only one party that's building substantially."

GIVEN Layton's 20 years in city politics, the poor showing in Toronto is a surprise. Under Broadbent, the NDP had 43 seats



LAYTON WAS TO BRING A FRESH, URBAN VERSION OF NDP POLITICS. HE MAY YET DO IT, LOYALISTS SAY.

He's right about what's growing of course, but what about those frequent questions he has to field about waiting the left? The fact that it's coming from what might sound like Sears says many voters are so jump together the Liberals and New Democrats, and even the upstart Greens, as a lot of alternatives to a single Conservative threat. "Unless you present that broad image," he says, "people won't vote for you."

Barack Obama's success in expanding the U.S. Democratic base, Sears adds, makes the

frustrated Canadian left look, by comparison, even less appealing.

Yet Layton says he sees a historic chance to set the NDP again in the campaign mode. He doesn't propose changing the message much. Laid out, he says, the NDP's long-term advocacy of social movement and government should not concern, as economic upturn even doubt on the job market and the fact that "does sound like the Reagan Thatcher era. The next push for a federal move to safeguard private pension plans is one example. He says the NDP's five-year-old plan for retooling the auto sector to manufacture more fuel-efficient cars is an overlooked idea that now seems prescient. "I have saying, 'Look, you see, the way, because that doesn't help anybody, but we need that kind of thinking. We've got to intensify our efforts.'"

It's not all dire, however, that voters will come on NDP policy as a lifeline to tougher times. They haven't before. Even Byers, who plans to run again, suspects the market collapse during the fall campaign hurt the party. "The push back was coming from a substantial change in direction," he says. "I can't help but think that there were voters watching their savings and pensions evaporate, and they weren't thinking this was the time to change their voting practices."

Someone Layton needs to persuade Canadians to make this leap. So far, most New Democrats react more to let him keep trying, focusing, like their leader, as the modest gains they reaped on Oct. 14. It's like to question, like Sears and all these persistent questions. Byers thinks he has to answer, to note how many more elections is divided left will go in being a second night. ■

IN NEXT WEEK'S MACLEAN'S The challenges facing the Green Party of Canada

FOR THE RECORD

HOT-IMPROVED STUDENT LECTURES A NEW DUTY
"What I can say to the people of Ontario is we understand, we sympathize, we know that they're going through a significant downturn in their anxiety. But I think what's being put out there is not out of the ordinary and at the end of the day you can't let it come completely." —Newfound Premier David Williams breaks a moment from redefining his province's unprecedented record of out-of-the-way (1991) to his Ontario's role in it.



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Online Investing: Do It Yourself What you need to know

Online investing today puts more information, support tools and services into consumers' hands making it easier and quicker to act on their financial market decisions, all at a lower cost.

Online brokers deliver savings through the self-service automation of buying and selling stocks and bonds. More importantly, they have subordinated transactions from activities such as conducting and distributing financial market research, the traditional purview of full-service brokerage firms.

These tumultuous economic times underscore the need to have a plan, and to follow a sensible approach to investing.

However, today's Internet world is awash with a great deal of financial market information. If online investors require detailed reports or personal advice, they can subscribe to special online services or engage a personal financial advisor as needed. In this way, they can still enjoy overall savings because these costs are not built into their transaction fees.

But to make all this work, online investors must become better educated about how markets operate, where to find reliable information and how to keep track of their financial activities.

Although online investors are on their own, they are not alone. There is a large and growing community of information sources, support groups and service providers to meet their needs. But successful online investors, like online shoppers, need to pay close attention to the background and biases of the websites they visit.

Simply put, well-informed investors are more successful. Just as important as their own market knowledge, online investors also need to realize when they need help and where to find it.

Both rookie and veteran online investors should bookmark the Investor Education Fund's site www.investorED.ca, funded by the Ontario Securities Commission (OSC). The Investor Education Fund is Canada's objective, non-profit source for information and tools to help consumers make better decisions when investing and managing their money. With investor education as a major part of its mandate, this site is the go-to source for understanding how securities and financial markets operate.

As the Investor Education Fund's site reveals, investing successfully requires the continuous juggling and balancing of many different factors. These include trying to learn more about the forces that cause markets to rise or fall, and the challenge of where to find timely and accurate background data and business intelligence on the Web. Equally important is controlling your own emotions – fear, excitement, disappointment – as you try to maintain a disciplined strategy for managing your finances.

After all, you are investing your money for special purposes – to fund retirement plans or university tuition, buy a new house or car or simply to enjoy life. The better informed you are about financial markets and how they work, the better able you will be to make your nest egg grow through online investing.

The key to successful investing is to create a long-term strategy and stick with it. That can be harder to do on your own than with an advisor who will help you stay the course. It takes time, discipline and real self-knowledge to be a successful do-it-yourself investor.

Direct from InvestorED.ca's rich storehouse of financial market insights and research, the following summary of techniques and advice will help boost the confidence and comfort levels of online investors as they manage their financial affairs electronically.

PART I 5 steps to smart online investing

The do-it-yourself online investor must ask the all-important question: do you have the discipline, time and knowledge to effectively manage your portfolio? Self-directed investors have to do many of the same things a professional investment advisor does. Here are five tips to keep you on track.

1. Start with the big picture: a financial plan, not yourself

- What are your financial goals?
- How long until you need to cash out your investments? Do you have short-term financial needs? Will you need to live off the investment in 10 or 20 years?
- How much money will you need to reach your goals? How much time and money can you devote to a regular investing plan?

FINANCIAL PLAN

2. Stick to a consistent strategy. How much risk can you live with? Decide if you prefer a more active or passive investing style. Then do some reading to know the options exist. At first it may take some testing to find a strategy you're comfortable with, but once you find it, stick to it. Patience is a virtue, especially in the stock market.

3. Maintain a good mix of investments. Studies show that a mix of different investments is vital to investing success. So start with a plan for asset allocation and stick to it through regular rebalancing. Most advisors recommend reviewing your portfolio performance and your asset mix at least once a year.

4. Do your homework. It takes time to invest. For some people, it's a full-time job. Even if you are a buy-and-hold investor, you still have to follow the markets regularly. Some pundits say that if you are an active investor, it takes about an hour per week for every stock you are tracking. That includes the ones that you already have and the ones that you would like to have.

Many online brokerages offer stock charting, personalized portfolio management and top-shelf research for their clients. But they don't offer specific advice. After researching your own investment decisions and options, you will have to decide on your own whether you want to create a trade

5. Know your investment personality — and how to work with it. Are you a risk-taker or a risk-averse? Do you find it hard to accept losses and move on? Or do you overreact to every little hitch in the market?

Watch out for these and other factors that are part of your "investor personality." Try to remain objective.

PART II 5 common investing mistakes to avoid

1. Developing an emotional attachment to your portfolio. Many online investors make this mistake. They ride stocks down for far too long and they don't cash in their winners soon enough. Why? Because they feel a personal affiliation with a company rather than taking a detached, analytical perspective.

2. Chasing performance through "hot tips" or trying to time the market. Market timers and performance chasers often end up trading far too often and at a higher investment cost and risk. In a 2007 Online Investor Satisfaction Study, J.D. Power and Associates found that self-directed investors who make most of their investment decisions without an advisor are more likely to be active traders and choose riskier investments.

3. Putting too much money into a single investment. This is a very common pitfall for independent online investors. It's also a costly one.

A 2001 study looked at the performance of 48,000 independent investors' portfolios. All had equity investment accounts with discount brokerages. Most had massively underdiversified portfolios.

These investors tended to buy equities in large consumer products and technology companies with well-known names — the same firms you find in the S&P 500 index. How did this approach work out compared to the broad market portfolio? Not so well. Between 80% to 90% of these investors' portfolios underperformed the market.

4. Under-researching investments or only choosing investments based on superficial information or a quick look at past performance.

Investor publications and online chat groups are not always the best source of market information. The advice doesn't necessarily take into account an investor's personal financial goals, age, investment experience, tolerance for risk or current holdings. To choose a suitable investment, unsavvy investors need to consider all of these critical factors.

5. Losing sight of the big picture, or the long-term plan. Self-directed investors often lack a solid financial plan to guide their investment decisions. Instead, they are largely driven by short-term market events. One study by Merrill Lynch found that only half of unsavvy investors had a financial plan compared to 80% of those with advisors.



PART III Choosing online tools and resources

There are plenty of investing tools available online for independent investors. Websites such as InvestorED.ca offer helpful tips for online investing as well as analysis and charts. These tools can give you additional insight into investment opportunities. And, by making you better informed, you will be able to make better investment decisions.

The best websites offer one or more of the following features:

- **Buildings** (or past real-time) financial data information and intelligence about investment opportunities
- **Interactive tools** that let you quantitatively assess the viability of new or existing investments
- **A place to network** with other online investors to exchange investment insights, tips and advice
- **The ability to compare results** with other online investors, either with real money or virtually

SITE FEATURES

5 websites to consider:

- 1. Agoracoin** — for small cap investors: www.agoracoin.com
- 2. Bank of Canada** — current and historical rate information on interest, Canadian and U.S. interest rates and a currency calculator to help convert 50 foreign currencies to and from Canadian dollars: www.bankofcanada.ca
- 3. Canadian Business Online** — free resources for investors including stock ratings, access to annual reports, stock tracker, articles: www.canadianbusiness.com and click on My Money
- 4. Canadian Real Income** — access to the price and yield information from CIBC, Canada's only electronic, multi-dealer fixed-income market: www.canadianrealincome.ca
- 5. Globefund** — useful fund information and data, with easy-to-use fund charting functions: a quick link to relevant Globe and Mail fund articles and links to their monthly report on mutual funds: www.globefund.com



Remember: When researching your investments, set priorities so you look for the most important things first. Tracking down the most relevant information first — such as industry trends, corporate strategies, operational practices and financial results relative to competitors — can save you a lot of work on investments that you will ultimately reject.

Also, beware of biased or unreliable sources. Are they trying to sell you something? Do you own due diligence on any and all feeds you are considering.

PART IV Dealing with your emotions

What is the biggest challenge for online investors? Volatile markets? Bad economic news? Unstable currencies? The answer may have less to do with market events themselves than with how you react to them.

When we invest, we're not always as rational as we'd like to think we are. Research shows investors often make emotional investment decisions that work against their long-term goals. For example, you tend to give too much weight to whatever has happened most recently. When earnings or bank stocks are hot, we follow the crowd and invest in them. After you have done the proper research, going against the flow may be a better long-term strategy.

To keep your emotions out of your portfolio, especially when you don't have an advisor at your side, watch out for the following:

- **Fear of regret.** Some people have trouble taking action when it's time to sell an investment. The fear of making a mistake — and of having to live with it — can be paralyzing. And it doesn't matter whether you have a losing investment or a winner. People tend to hold on too long, trying to avoid the emotional discomfort of regret.
- **Fear of losing money.** These investors can't keep their long-term perspective when faced with surprising or upsetting short-term events. They focus too closely on daily market events and the fear of losing money that market volatility can produce — forgetting that the long-term effect will likely be insignificant.

Such fears lead to a number of ineffective attitudes and behaviors. These include:

- **Denial.** Often, investors will deny there is a problem with a choice they have made. They become self-willed and are unable to take corrective action. Denial can accompany the other emotional pitfalls listed below.
- **Anchoring.** Here, investors let their most recent experience dictate their financial decisions, even if it's contrary to their overall strategies and investment goals. For example, they may take an emotional position (or anchor) such as "farming stocks are the place to invest" or "it's better to stay out of the market until things settle down."

They may have some good initial results following the line of thinking, but if they hold onto the tactic long after the market shifts, they may wind up missing out on new opportunities.

Successful investors allow their tactics to reflect their strategy, rather than allowing their tactics to change their strategy.

Overconfidence: This is a very common pitfall for solo investors. People often have a tendency to overestimate their abilities. Blinded by overconfidence, they fail to take into account many of the complicated emotions and emotional biases inherent in stock market investing.

There's always a fine line between taking action and overreacting—between staying the course and getting stuck in a position. Online investors need to keep their emotions out of their portfolios so they can make objective decisions based on the facts.

One last tip: if you are new to online investing, it's a good idea to start by trading virtual investments first. This will help you gain a better understanding of the markets and how to make money from them—before you put your real dollars at risk.

PART V Improving your return by controlling fees and other charges

Online investing helps lower commissions and other fees in three ways. First, you usually pay only for your transactions, not for investment advice. Second, since online brokerages have lower costs than full-service companies, they can charge less. And finally, competition among online brokerage firms also helps drive fees down.

To keep your investment charges under control, check out the fee structure before opening an online investing account and bear in mind that:

• **Costs vary from company to company.** Even if the fees you pay an online brokerage are lower than those of full-service brokers, they can still add up—particularly if you do a lot of buying and selling. Shop around and compare trading fees before opening an account. Each online brokerage firm must post a schedule of all its commissions, fees and service charges on its website.

• **Costs are not always obvious.** Some online brokerages impose a number of other fees and charges beyond transaction fees. Some have extra fees for postage, insurance and delivery. Before you open an account, make sure you know all the charges you'll have to pay.

• **Costs are less important than value for many.** Many online brokerage firms that charge slightly higher commission fees may offer more or higher quality tools and research services to their customers. If those tools and services deliver extra investor support and value, they may be worth the additional cost. Investors must watch for minimum balance requirements and maintenance fees. Sometimes firms with lower commission fees make up the difference by asking for a higher minimum balance.

Always remember: The advantages of cheaper online trading fees begin to erode if you make poor investment choices or trade frequently. Cost alone should not be the only factor in deciding to invest unaided.

Online Brokerage Industry Annual Statistics
June 2006 – June 2008

	Total AUM*	Total # of accounts	Total # of trades
June '06	\$150 billion	3,640 million	21.6 million
June '07	\$170 billion	3,691 million	25.1 million
June '08	\$185 billion	3,210 million	32.3 million
1 year growth	3.7%	5.8%	26.8%
2 year growth (CAGR)	11.3%	2.4%	21.4%

* AUM = assets under administration; CAGR = compounded annual growth rate.

Comparison Between Online And Full-Service Brokers Full-Service Brokers' AUM vs. Online Total AUM as a %age of Full-Service

June '06	\$640 billion	23.81%
June '07	\$721 billion	34.82%
June '08	\$718 billion	25.77%

Top five online brokerage firms which are affiliated with the major banks handle 84.5% of total assets under administration.

Source: Morgan Stanley, Merrill Lynch, Bank of America, CIBC, TD.

STATISTICA



Online investing or Online guessing?

Use the online brokerage firm that helps you make smart decisions.

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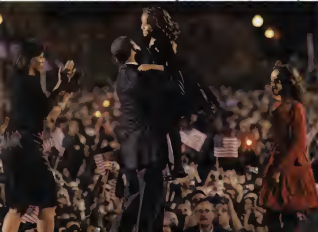
A historic moment. An impossible challenge.

BY LUIZA CH. SAVAGE
*An 18-page portfolio
with exclusive campaign
photographs*





VICTORY NIGHT IN CHICAGO: Barack and Michelle Obama take to the stage with Jill and Joe Biden (above); Obama with his family



BARACK AND MICHELLE OBAMA: JAMES MCKAY/GETTY IMAGES
MICHELLE OBAMA: JAMES MCKAY/GETTY IMAGES
BARACK OBAMA: JAMES MCKAY/GETTY IMAGES



More than 100,000 euphoric people danced and wept in Chicago's Grant Park on Tuesday night as a Democratic victory swept across the electoral map of the United States. It transformed Barack Obama, the pastor's son from Illinois, into the nation's first African American president-elect. Across the U.S., voters had waited in long lines, some for five hours or more, for the chance to have their say in the conclusion to the longest and most expensive presidential contest in history. Tolders were lifted to reach young women on behalf of parents, Americans who had lived through racial segregation left the polls weeping, saying they had not thought they'd live to see the day.

Obama, the son of a white mother from Kenya and a black father from Kenya, who grew up in Indonesia and Hawaii, was a race-state senator and yet elected to the United States Senate when he gave an electrifying speech calling for national unity at the 2004 Democratic convention. There, at four short years, he went on to redefine what was possible in American politics. In a letter and drawn out Democratic establishment, Hillary Rodham Clinton, with his superior oratorical power and astounding managerial change. He prevailed in an ugly presidential race against Arizona Senator John McCain, in which he was called a socialist and a naive idealist, accused of pulling around with terrorism, and saw the validity of his American citizenship basically challenged. Despite all, he picked up states that eluded the Democrats in 2004, including Florida, Ohio and Virginia, in the process earning a national accolade for his presidency.

The rise of the 47-year-old lawyer was the story of a once-in-a-generation political instant. But it was also the reawakening of the Democratic party, in a country where Republicans had set the agenda since taking over Congress in 1994 and the presidency in 2000. It took a financial crisis on Wall Street to finally give Obama a solid lead in the polls by mid-September. But even then, Democrats couldn't quite believe it. "Would voters really select the black candidate in the privacy of the voting booth? They did, as drivers. While some Americans said they would never vote for a black man, many expressed their desire not only for "change" from the threat of George W. Bush, but also to be a "part of history."

When he stepped onto the stage in Grant Park on Tuesday night to give his acceptance speech, Obama spoke in epic terms about his aspirations for his presidency. "This is our moment," he said. "This is our time—to put our people back to work and open doors of opportunity for our kids, to restore prosper-

PHOTO: MATT MEYER/REUTERS



JAMILLAH/OKI: Obama supporters in Indianapolis, Ind.; Jesse Jackson (top right) and Oprah Winfrey at Grant Park, Chicago

by and promote the sense of peace, to reclaim the American Dream and reform that fundamental truth—that rest of us say, we are one, that while we bicker, we hope, and where we are not with cynicism, and doubt, and those who tell us that we can't, we will respond with that timeless creed that sums up the spirit of a people: "Yes we can!"

But the president-elect loved the euphoria with words of caution. "The road ahead will be long," Obama said. "Our climb will be steep. We may not get there in one year or even one term, but America—I have never been more hopeful than I am tonight that we will get there. I promise you—we as a people will get there."

It will take more than hope. When Obama gives his inaugural address on Jan. 20 and takes the oath of office as the 44th president of the United States, he will face the biggest economic quagmire since Franklin Delano Roosevelt took over from Herbert Hoover in the midst of the Great Depression. By inauguration day, more jobs will be lost, the government deficit will still be soaring and recovery planning. The recession, of unknown depth and duration, will be well under way by the time Obama moves into the Oval Office. But even Bush's vice wasn't facing a war in his first day in as the job, for alone two—the future of Iraq hangs by a thread while the situation in Afghanistan is getting worse. "The

events of the last months suggest that the challenges the new president will face are comparable to other emergencies in American history: the Civil War and the Great Depression," says Sidney Mifflin, a political scientist at the University of Virginia and author of several books on the presidency.

It is not unthinkable that Obama's moment of triumph could be the start of his undoing. Few presidents have entered office not only facing so many problems, but also with high expectations—fears rising the economy, ending the war and securing America's image abroad, to achieving historic racial reconciliation and transforming the "culture of Washington." Some of his boosters speak as almost

Biblical terms about his ability to offer "healing" and even "rebirth." His slogan so great ever been played on what are, at the end of the day, elegant but so very inexperienced shoulders? Could the Obama presidency be

doomed to failure before it even begins?

Prudence and history offers a stark cautionary tale. Martin Van Buren, a well-loved Democrat from New York state, became the eighth American president in March 1837

he'd barely started his job when a financial bubble, fuelled by the policies of his predecessor, Andrew Jackson, burst in a spectacular fashion, triggering a crisis that came to be known as the Panic of 1837. Almost half of the banks in the U.S. failed. Land prices collapsed. A five-year depression and massive unemployment followed. So many people went bankrupt that a special law had to be passed to forgive their debts because there were not enough places for all the debtors in jail. The government went into sharp deficit. The national debt grew. Van Buren—mocked by his rivals as "Martin Van Ruin"—never had a chance. He was voted out after one underdogged term.

The irony for Obama, of course, is that the

★★★
Boosters speak in Biblical terms about his ability to offer 'healing' and 'rebirth'
 ★★★

financial crisis is what helped swing him into the White House. His soaring "Yes we can" election campaign blew out from the crowded Democratic field with talk of healing the racial divide and uniting a partisan nation. But by the time he took to the stage at a Denver football arena for the business acceptance speech at the Democratic National Convention in Aug. 28, lofty rhetoric was giving way to an economic lament. Sure, there were videos of Martin Luther King Jr., but there were also videos of regular folks worrying about how they would pay for their kids' college, as Obama's message focused on bread-and-butter issues.

As the economy further deteriorated, Obama's campaign pitch narrowed in. He could solve the problems. His half-hour generic race infomercial on seven television networks on Oct. 23—at a cost of up to \$145 million—may be most remembered for the image of an elderly Ohio woman trying to straighten her amputee rheumatic finger as she discusses how she succeeded against her house to pay medical bills, and the mom in Kansas who was faced to ransom ransom for her kids. It was watched by 35 million people.

The day before the election, U.S. mania during fell to its lowest level in 35 years. The great question now, as Obama prepares for Inauguration Day, is whether he can keep the gales of fear, loss and frustration over the economy, and the war—that blew him into the White House from blowing the roof off his historic presidency. Or, as Princeton professor David Westwood says, "The empire as it declines, the culture is in decay, the democracy is in trouble, financial markets near collapse. It's almost Biblical. And you can imagine what the black brothers and sisters in the barbershops and beauty salons say: 'Right when the thing is about to go under, they hand it over to the black man!'"



How bad will it be? In January, just as Obama moves his wife, Michelle, and daughter Malia and Sasha into the White House, the Congressional Budget Office will be releasing its projections for the 2009 federal budget deficit. For the fiscal year that ended on Sept. 30, the shortfall was an astounding record high \$946.5 billion. Given the massive expenditures on bailing out the economy, some experts say it could climb past \$1.6 trillion next year. As for the longer term? In September, the office predicted a \$3.2 trillion cumulative deficit over the next 10 years, a key conservative estimate given that, among other things, Congress is already working on another spending-heavy economic stimulus package, on top of the recent \$200-billion bailout to financial institutions, that could be passed before Obama takes over.

In that kind of a budgetary environment, it's hard to see how Obama can fulfill his many campaign promises—a middle-class tax cut, individual universal health insurance, and spending on alternative energy technologies, among other things. Obama has promised to cut taxes for people who earn less than \$142,100, and his proposed refundable tax credits for low-income elderly people and families paying college tuition, among others. But Roberton Williams, a principal research associate at the nonpartisan Tax Policy Center in Washington, calculates that Obama's tax plan would increase the cumulative 10-year deficit by \$161.5 trillion. "He will not have as much freedom to cut taxes the way he'd like," Williams says. "All those things might well be on the chopping block."

A declining economy will make things

CULTURE WARS John McCain campaigns with his wife, Cindy, and Sarah Palin (above), Obama in Iowa. Few politicians have endured office with such sky-high expected losses

★★★
Can Obama keep the gales of fear and frustration that blew him into the White House from blowing the roof off his presidency?
★★★





★ ★ ★

‘It’s consolation to go into history as the guy who solved stuff, but it’d be nice to have peace and prosperity’

★ ★ ★

much worse, for several reasons. For one thing, recessions that lead to job losses are bad enough—as they reduce tax revenues for Washington lawmakers. But this one could be particularly tough on the government balance sheet because the upper-income earners who pay the largest share of taxes have been hit hard by the collapse of Wall Street. Obama had planned to raise taxes on the wealthy, but any tax hike would be a hard sell in the midst of a recession.

Meanwhile, with so many consumers feeling impoverished by the collapse in value of their biggest assets—their homes—and their

stocking retirement portfolios, they have dramatically pulled back on spending, which will also hurt government revenues. “It’s unlikely we’ll go to the depths we’ve had in the 1930s, where there was a 25 per cent unemployment rate,” says Williams. “But we could have a deep and lengthy recession, which would make it hard on anyone.”

In such an environment, what happens to all of Obama’s other promises? Presidential debate moderator Bob Schieffer made this point to both candidates during their final confrontation on Oct. 10. “Aren’t you both ignoring reality?” he asked. “Aren’t some of the programs you are proposing here to be postponed, postponed, even eliminated? Give us some specifics on what you’re going to cut

back.” Both candidates’ answers were less than straightforward. In Obama’s case, he promised that every dollar of increased spending would be matched by a spending cut. “We need to eliminate a whole host of programs that don’t work,” he said. “And I want to go through the federal budget line by line, page by page—programs that don’t work, we should cut. Programs that we need, we should make them work better,” he said, promising to issue a “budget.”

Needless to say, there is disagreement that Obama can cover his spending with state bailouts. “These are big, big holes to fill with spending cuts,” says Williams, commenting on the awareness of the debt that Obama’s vice-presidential pick, Joe Biden, the chief lobbyist for the U.S. Chamber of Commerce, just doesn’t see how Obama can afford his promises by slashing elsewhere. “Don’t forget that the economy between now and long after that day is not going to get better—it’s going to worsen,” he says. Joe’s prediction is accurate in the very employment rate: from the current 6.3 per cent to 7.5 by then. The promise of funding new spending with budget cuts elsewhere may be the first to be dashed. “If you’re in a crisis, deal with the crisis,” Joe says. “You’ve got a patient called the economy in the ICU and it has a bullet in its head. You have to stabilize it and move into surgery to remove the bullet.”

OBAMA: JEFFREY M. HARRIS/GETTY IMAGES; MICHELLE: JEFFREY M. HARRIS/GETTY IMAGES



UNLIKE SARAH PALIN, Obama presented himself as a pragmatic problem solver rather than an ideological culture warrior

Jensen is particularly skeptical that Obama will be able to make good on his promise of providing universal health insurance without substantial tax hikes. "The tax increase you are talking about is enormous—the health care system is 14 per cent of GDP," he says. And he doubts that members of Congress will be eager to take up such a difficult reform before the 2009 mid-term elections. "The political fallout of [George W.] Bush's failed attempt to reform Social Security and [Barack] Obama's reform of health care are pretty vivid reminders in Congress," says Jensen.

But Obama campaign board colleagues see—especially his pledge of a tax cut for 95 per cent of American households. If he doesn't deliver, it won't be just a matter of breaking his word—but potentially a long-lasting blow to the party. That's because Clinton also campaigned in 1993 on a tax cut aimed at the middle class, and ditched the idea when the economy worsened. While Clinton managed to win re-election anyway, if Obama manages as well, future Democratic candidates might find it hard to be taken seriously on such promises. "He can't mess with that," says Miller. "Probably the most powerful domestic issue Republicans have held in reserve and going back to before the Revolution may have not been popular in America."

Beyond the immediate crisis, there are other serious economic challenges lurking down the road. In 2011, Social Security will

★★★ The irony of McCain's defeat was that he was unable to make Iraq a major issue

★★★

start paying out more than it is taking in, draining a \$144.50 billion source of discretionary spending for the government. The Medicare system is in even worse financial shape. Shoring up these massive entitlement programs was a political nightmare even before the economy went south. "Let's forget the economy, and the fact that the financial markets are now wobbly," Jensen says. "Five years ago I couldn't figure out why 20 people would want to run for president right now."

In his TV campaign commercials, Obama said that the first thing to do to pay for his plan would be to "stop spending \$20 billion a month in Iraq"—and move combat troops out within 60 months. The popular view of the situation in Iraq, where 314,000 U.S. troops are still serving, is that violence is now down because "the surge worked." It is part of the strategy of John McCain's defeat that he was unable to make Iraq (and his leading role in advocating for the increased U.S. troop upsurge from 30,000 additional troops that began in early 2007) a major issue in the campaign—probably because violence was down and the economy replaced the war in the headlines. However, the Iraq situation is more complicated. The country is in the early stages of what could become a negotiated solution to an ethnic-sectarian civil war. Violence is down because the U.S. military managed to reach numerous bilateral ceasefire agreements with individual combatant groups. Indeed, over 200 separate negotiated deals are now in effect in Iraq, estimates Stephen Riddle, a senior fellow for defense policy at the Council on Foreign Relations, a think tank in Washington.

But they are precarious—and labour intensive to negotiate. The fragile web of ceasefires effectively requires U.S. troops to stay in place longer, keeping small-scale wars from undermining the peace. "It's a long list of situations in which negotiation is easier for groups who

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profoundly distrust each other are crying out another warily across a boundary—literally a street in a town or city," says Biddle. "What happens all the time is someone mis calculates, they see what they can get away with, they don't control their own people, there is an accident that is misinterpreted. The nature of the violence was retribution. If there is no peacekeeper present, they take the law into their own hands, there is counter-revolution, counter-counter-revolution—and you are off to the races."

If Obama begins to withdraw more troops from Iraq, there is no one willing to fill the void to replace them. Many experts discuss the Iraqi army's conviction that it is now strong enough to fill the breach. "If you get two or three years of something that looks like peace in Iraq, you might get standard UN peacekeepers to come in—maybe even Canadian troops who are among the best in the world at this job," Biddle says. "But no one is interested in helping the U.S. fight a war in Iraq. And lots of people are disappointed that this will remain in place"—especially if the U.S. troop presence, which is currently in large part responsible for keeping a lid on widespread violence, is reduced.

Meanwhile, and here is the catch, while Obama has promised to move soldiers out of Iraq, he wants to send at least two brigades

HOBBS AND LOWE: Even McCain didn't face a war the first day in office, let alone two



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OBAMA and Joe Biden head for ice cream at a campaign stop in Pennsylvania

★ ★ ★
 'Two years
 ago, I couldn't
 figure out
 why 20
 people
 wanted to run
 for president'

★ ★ ★



OBAMA with Democratic rival Hillary Clinton (top) pausing during the campaign to be with his daughter. Presidential history books that in crisis the opportunity.

afraid to Afghanistan, where the situation is deteriorating. (A brigade can include 3,000-4,500 soldiers, the U.S. already has 30,000 troops in Afghanistan.) The government of Hamed Karzai has been ineffective, the Afghan military has been under resourced, and the peace negotiation effort has left the country open to re-infiltration by the Taliban. But while some say that more troops in Afghanistan might go a long way, it could also draw the Obama administration deeper

into a broadening military campaign that might prove unworkable. One reason for that is Pakistan. The Taliban and al-Qaeda have been allowed to operate in training bases across the Afghan border in Pakistan's Tribal Areas, where their activities have been tolerated by Pakistan's security services. So to make the Afghanistan problem in earnest requires the pressure on Pakistan. But that country has proven itself unable, or unwilling, to solve the Taliban issue.

As a result, since August the U.S. military has sent more 20 air strikes against suspected Taliban and al-Qaeda targets in Pakistan's Tribal Areas in Pakistan. But it is a dangerous tactic: the bombings have killed over 600 non-American civilians in Pakistan, a scandal that has already heightened instability in an already unstable nation where experts have long feared the prospect of dangerous weapons falling into the hands of the Taliban. And, ultimately, the U.S. is unlikely to be able

to sustain an extended conflict. "Both the U.S. (Iraq and Afghanistan) are hanging in the balance right now and success in either one would ideally require more resources than we've got," says Biddle.

And there are other items on the long to-do list left by Obama's predecessor: questions about how to close the detention center at Guantanamo Bay, what to do about detainees there who may be too dangerous to set free but whose trials may be impossible because the evidence against them was collected by torture, the fact that Osama bin Laden is still at large, Iran's nuclear ambitions (Obama has taken the risky step of offering to engage in talks with Tehran). "Maybe it's some consolation to have the opportunity to go into the history books as the guy who solved all this stuff—but boy it would be nice to have a little peace and prosperity instead," says Biddle.

Of the domestic front, one of the most challenges to be faced—often before the financial crisis—was daunting. That climate change, for example, fears of invasion by both the Clinton and Bush administrations have meant that green-house gas emissions have kept increasing. To reach target reduction now will be all the more expensive. Both Obama and McCain had called for a "top and trade" system that would swap annual emissions in the U.S. for carbon of CO₂—such as power plants and factories—would be required to have permits for every tonne of CO₂ they emit. The permits could be bought and sold, but the program as a whole would likely increase the costs to industry.

Critics, such as the chamber of commerce's Josselyn, don't think the issue will now be a high priority. "I think cap and trade is a \$2 billion to \$3 billion tax on the overall economy," he says. "It's drastic and dramatic. It means new taxes, and higher energy costs." Others disagree. The head of federal government relations at the Pew Center for Climate Change, Mark H. Meyer, says cap and trade system can be set up—just as some more favorable to polluting industries that environmental organizations would like. Any plan will have to include a generous "transition" period during which emissions restrictions begin gradually and ramp up several years down the road, and industries would not be charged for the permits.

Another grave problem facing the United States and its prospects for future prosperity is what has been called the infrastructure deficit. It was highlighted by the August 2007 collapse of a bridge carrying commuter rail across the Mississippi River in Minneapolis, which killed 31 people and injured 145. Over-

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CAPPAHONG IN FLORIDA "People must see the next president to succeed and will follow him away from small, dreary divisive politics"

gmen will have to deal with how to pay for projects that will be in jeopardy as a result. While competitors such as China and Europe are moving heavily in high-speed rail and other cutting-edge infrastructure, the U.S. is falling behind—and has not undertaken a major national initiative since construction of the interstate highway system started in the 1950s.

There is now a lot of talk about introducing an infrastructure spending bill as a means of stimulating the economy and creating jobs in the short term. The problem is figuring out how to pay for it. A proposal that would have added five cents a gallon to the gas tax to pay for infrastructure has received a cool reception in Congress. Public-private partnerships that allow private companies to build public roads are a potential source of funding, but that has become a politically sensitive issue, particularly if the companies are foreign and want to charge tolls. Obama faces a challenge and an opportunity—likely

the money can be found. "Many people believe this is an opportunity to do a major overhaul of the entire transportation system," says Muesen McHenry, the executive vice president of new initiatives for the Urban Land Institute, a research and advocacy group. "We face choices, none of which we want to make, one way or another if we're going to have modern infrastructure and it's going to cost more. It will be either in the form of higher taxes, user fees, a combination of fees from one source or another. It won't fall like manna from heaven."

When Barry's very plight in the 19th century alone, presidential history also teaches that to trim loss opportunities. After all, American presidents and Roosevelt himself had the country through times more difficult than today. Lincoln, of course, faced the Civil War. And when Roosevelt was sworn into office in 1901, the econ-

omy was a shambles. "Four years into the Great Depression, it wasn't simply that 50 per cent of the people felt the country was on the wrong track," says Richard Norton Smith, a presidential historian at George Mason University. "Roosevelt himself found that if he failed he would be the last democratically elected president of the U.S."

Roosevelt was able to rally Americans behind him, much like Bush did in the early days after the attacks on Sept. 11, 2001. "People had a sense that Roosevelt presented a program that was more in tune with problems the country was facing, and was providing protections for individual men and women from the marketplace," says Milos. "I cannot say if the country will have the capacity to rally behind a president and be patient. But I think it's wrong to assume that because we have a profoundly difficult economic crisis the next president is doomed to fail."

It helps that Obama will enjoy Democratic majority in Congress. "It was a great advantage

for George Lincoln and Roosevelt that they had strong control of Congress," notes Milos. Lincoln's shadow loomed so heavily, however, that McCain had won the election and faced an unopposed Democratic Congress, much like Richard Nixon did when the pressures of an unpopular war in Vietnam and a struggling economy provided the backdrop to the breakdown of his presidency in the Watergate scandal, and his resignation. "Then the parallels with the late 1960s and early 1970s would be very appropriate," Milos adds.

Who will not help Obama is inexperience. It has affected others who John F. Kennedy, also young, was elected in 1960, he could give an inspirational speech, but he quickly got entangled in the Bay of Pigs fiasco, and tensions with the Soviets led to the construction of the Berlin Wall. And Bill Clinton, who had been only a young governor of a small state, also had early problems once he reached the White House, ranging from personnel scandals to a failed health care reform. As a result, Republicans controlled Congress in the mid-term elections of 1994 and forced a majority in the House of Representatives for the first time in 40 years.

But some are optimistic that, despite the challenges, Obama will lead a new "liberal moment" for America. His election is one of those. "There wasn't only a new message in Washington, but it will reflect a willingness and desire on the part of Americans to do things very differently, to see a different kind of political culture, that will hopefully lead to addressing issues we haven't dealt with in years—such as deficits, debt, and reengineering our infrastructure," says Smith. "How long have we told ourselves that because there are many things government does badly, there is nothing it does well?" Obama, he argues, won by presenting himself as a pragmatic problem solver rather than an ideological culture warrior. "I think the next president will have an opening of popular support. I think people will want the next president to succeed and will be willing to follow him away from the kind of small, dreary, divisive politics that have really defined the last generation."

The chamber of commerce's Jenkins also agrees that Obama faces an opportunity—if he is skilled enough to seize it. "It's like the old saying, doesn't every problem—present opportunity," he says. "There is a huge upside—a lot of people would rather own a business and lose than watch the upside potential go to zero. It's either then taking over a company that is going to get 12 per cent a year. That's a tough act to follow."

So far, Obama has put a brave face on the difficulties he will face. To his close friends, he has repeatedly expressed a fear of dis-

★ ★ ★ Inexperience will not help Obama. But some hope he will lead a new 'liberal moment.'

★ ★ ★

appointing the people who put so much faith in him, but naturally he has appeared characteristically unflappable. It took a cartoonist, Jon Stewart, to ask Obama bluntly whether he had any second thoughts given the challenges ahead. "Is there a sense that you don't

want that? You may look at the country and think, 'When I thought I was going to get this, it was a relatively new car. Now look at it.' Obama was philosophical. "This is the time to want to be president. If you went into public service thinking that you could have an impact." And he added, "Every once in a while you have these big challenges and big problems. It gives an opportunity for us to really move in a new direction. This is one of those moments—nothing like energy and health care and economy and education—where I think people recognize that what we've been doing isn't working. I think people will be more open to change."

For another dose of optimism, Obama can look to the experiences of presidents Ronald Reagan and Clinton, who came to office when the economy was weak, but were re-elected because it improved over their time in office. The question for voters four years from now will be, as it was when Reagan once put it so succinctly: "Are you better off than you were four years ago?" Given the low expectations for the new future, Obama—and all Americans, whether they voted for him or not—are hoping there is no need to go out and

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CLASH OF THE TITANS

Exclusive excerpt: How the Aspers came to blows with press baron Conrad Black

BY PETER C. BERNMAN

On Aug. 11, 2002, two years after his \$2.9-billion purchase of 126 newspapers and magazines from Conrad Black made him the paramount media baron in Canada, David Hendel Asper—known as Izzy to his old and all-new-joint shareholders as the latter of the Woods. After a string of foundations, Asper became Lord of the Manor of Pindar in the parish of Chesham in the County of Dorset. In Asper's last decade word, according to Peter C. Newman's biography (HarperCollins), the tale—a real one, though in Britain was a gift by his son Leonard and—put him on an equal footing with Black, now formerly Baron Black of Cleeve in the West. The newspaper deal was a high point in the careers of both men: three years later Asper was dead, and by 2007 Black was a convicted felon. Izzy's final chapter in his purchase saga gave way to better fighting, with Black—still his equal partner in owning the National Post—and with his new employees. At one point the issue to be Lord Pindar even challenged Lord Black in a duel. Excerpt from Izzy

When David Hendel Asper arrived with an agenda rare in Canadian media, it seemed the wrong company for Asper's many editorial disagreements, he set off a revolution. The journal thought of themselves as evangelists from the 1950s, creating a "Winning Formula" for who was redefining to be Canada's Black, Lindbergh. None of the companies nor the. The new-havens were no New-Canada revolutionaries, threatening the established order. But had nothing to do with it, and Asper was no Roosevelt. On the contrary, he was the only Canadian investor willing to risk his fortune

in an industry that sought to turn profits from the Dickson technique of selling papers alone from protected pulp. Izzy's purchase of Black's newspapers set off a confrontation of rare intensity, made so brutal because everyone involved had good reasons to want they were doing the right thing—that they were merely being true to themselves, and what could be wrong with that? The journalists were defending their mandate as free-line gladiators, guarding the freedom of expression that defines their profession, the Aspers were pursuing press-price rights over papers that sold out their half of the company's market value. The war was explosive, like a range of intergalactic under a tropical sun, and left a later alter-ego between employer and employee.

It soon became clear that there was no progress in trying to make Izzy feel guilty about breaking some high journalistic conventions of which he was literally unaware. His position was simple: he owned the printing press and therefore had first call on what he produced. "I'm not sure that you could make Izzy feel guilty about anything," reasoned Jim Seabright, who spent a decade as the head of Global TV and was well-versed in his boss's foibles. "He isn't plagued with feeling guilty. He's got the most horrible thing to you in a fit of rage or frustration, 10 minutes later he could laugh at it with you. He would never come back and say, 'Oh, god, what I said about you, that was awful and I'm sorry.'"

That didn't alter the fact that a collision had occurred in Canada media group as voluntarily conceded its progress. Asper, who provided Izzy in the latter's conflict, had charged press cases in the rights of Asper's, making prosecution use of the paper's personal priorities and champion his own connections. There was mutual concern about a publisher's clearing his record of involvement in print, but criticism of Canada remained an underflow. As Izzy took over the underflow burst into a splurge. This was partly due to the difference in



LEONARD AND IZZY with the National Post, in which they shared ownership with Black

perspectives between the two men. Black's passage through life was marked by a need to preserve ownership while bestowing his influence on the outside—once in jail he was sentenced to a year in prison. He was raised to with such deference in the National Post's opinion pages that they read like extracts from his own self-aggrandizing diary. And that was even after his name change—from Conrad Black to 38136-614.

In contrast, Asper was the West Star of the Canadian Press, a sharpshooting letter with no pretensions but with determination and energy that few could match. As he would want to be. As he was to the point of caricature, Asper believed that the was the minutes for him to assert the national value he that had always shined him. It was crunch time for him to assert the national value he that had always shined him. It was crunch time for him to assert the national value he that had always shined him.

Next to Izzy and the Fourth Estate, the third defining presence in the rapidly escalating confrontation was David Asper. He had when rose with his newspaper's investigative coverage of the Swearingen affair, which involved allegations that Joe Christen had improperly helped a business colleague to obtain loans from a federal banking agency. This came at a time when Asper was sparring with Canada's Prime Minister, who had tried to squash his dream of a seat in the British House of Lords. In the end it turned out that Black could acquire his

of the editorial content of the newspaper" would come to bear—and with limited choice of success. Rounding on the Prime Minister for his "anti-006, unyielding, ignorant, dishonest and illegal" upon him, Black had "shown great forbearance in encouraging a tolerance in our country of this as I have. I have under taken to make it difficult for reasonable third parties to criticize the fairness of the National Post's coverage. I will do this, but not more than that."

Then, on March 7, 2004, David Asper said his own definition of war. The day before,

else in Canada, and it's not common that our national political elite have been attacked by the newspapers, unless something wrong." The newspaperist and former, Ron Whyte, the Post's editor-in-chief, wrote a lengthy editorial in which he personally challenged David. "We've put up now ship don't you that ship," he challenged how Christen had been called MPs and journalists at every turn, how it appeared that he had misled the Committee, how the PMO had threatened the jobs of employees in the information commission's office who sought to lose material to start with in the government. "The only observers who do not see this as serious as persons or people aware of the basic facts that have been on the public record for some time. Why not? In such circumstances, it would be a dereliction of duty and a moral outrage if media were to ignore the story."

In his son's defense, Izzy even challenged Black to a duel. This was his burning reply March 21, 2004.

Dear Conrad, I have read several days since the National Post's outrageous handling of, and savage attack on, David Asper's opinion piece on the Christen/Swearingen deal. As a result, I had hoped that the passage of time might soften my instinctive reaction. In fact, it hasn't. The last time the Post's staff helped someone across all media was caused by your acceptance and approval. Given that we view this as a blatant and defiant breach of the letter of our agreement, and your addressing and prove the spirit of our arrangement, I consider the situation as in crisis.

Regrettably, you have chosen to publicly throw down a gauntlet, administer a public slap to the face, with his emboldened, forthright and held up to ridicule and challenge my family and my company. You will readily understand why I don't remain silent. Therefore, because there is only a short time before we must publicly meet and risk the matter escalating beyond negotiation, I suggest we meet, with or without records, at the earliest possible opportunity, to explore whether or not a mutually satisfactory resolution can be found.

Sincerely,
Izzy Asper,
O.C., O.M., Q.C., Executive Chairman of the Board

In reply, Conrad engaged in the defense of the National Post's editorial independence. On March 14 he wrote to Asper. In an angry, measured tone, he flatly rejected Asper's demand that he "personally apologize" for his "unsubstantiated attacks on the Prime Minister" and "personal and professional attacks" against David. The facts, he

IN HIS SON'S DEFENCE IZZY EVEN CHALLENGED BLACK TO A DUEL

of countless papers, including the Post, had been increased to publish his signed-up ad page, headed, "TO CHRISTEN'S AGGRESSIVE PUT UP OR SHUT UP." The media's coverage of the accusation against the Prime Minister has been a crisis that threatens solid investigative reporting from a free press. Asper wrote in his final reply: "The time is now long overdue for Mr. Christen's actions to 'put up or shut up' with facts and hard evidence. In Canadian law, there is a common law public action, which states that a person has the right to sue for a false statement of criminal conduct. A few press a criminal and a criminal provided that it is a responsible, and in this case, the responsible and large's unsubstantiated attacks on the Prime Minister are irresponsible. The Prime Minister is a deserving of fairness to anyone



PETER BERNMAN (LEFT), ASPER (RIGHT), AND BLACK (RIGHT)

said, were quite different. Black, as well as Barbara Anand, Ken Whyte and others, "all warned David that writing in these newspapers smearing them of opinion to Christie would produce great resentment amongst the journalists and would appear to impose on the country's reluctant readers an independent press to be subjected, reaching to a rather extreme point, in what is more news or less a conspiracy story." The paper course to a substantial coverage would be to carefully set out exactly what was wrong or unfair. Instead, David's piece was "ungracious and hostile to your own employees with misquotations that were forceful and provoked." Beyond being downed the editorial to be published by Ken Whyte and asking for the removal of one sentence that he felt might unintentionally offend the Asper, Black assured that he had had no hand in the inevitable reaction to David's daring intervention.

Moreover, Black continued sternly, this wasn't the first time he had tried to help the Aspers. "I have told you David and I looked many times that there is a way to alter the general tone of a serious newspaper, and I have offered advice, without being asked, on how to do that. I believe it is, in fact, contrary to the spirit of our arrangement and to the Aspers' corporate interests for you people to flatter so readily with these insoucious with the credibility and therefore the value of those functions, which may succumb and I so readily led up."

In response the following day, Izzy continued the day by giving a heart-warming insight at Conrad, with what may well be the most incendiary condemnation since Marie Asper's legendary revelation to surviving French powers, deprived of their daily bread, to "let them eat cake."

Dear Conrad,
In an order of priority, let me do with your assurance on the facts of our difference:

1. You say that Barbara [Anand], Peter [Vitare] or Al warned David [Asper] about the consequences of his intervention. Wrong. Your observations were made after the fact and not as a caution in advance.

2. You suddenly drop having "orchestrated" or "engineered" in the Post's carelessness rebuttal, but, as non-harsh repudiation of that assertion, you acknowledge that you read Whyte's vitriolic response, in advance of publication, and even edited it, for whatever reason. That's hardly consistent with your claim of "not being party to or involved in." I will not continue to be informed to me here that Post people "misquoting" the other media (how dare they!) without this issue. I believe our reason. When I allege breach of our arrangement it is as follows:

1. The Net Post because on Christie's

Shawigan was excessive, unbalanced and an embarrassment to Conrad as being inappropriate journalism—your published something like 50 secondary opinions with not one conciliatory opinion.

2. We reserved our contractual right to publish a contrary piece.
3. You deliberately delayed publication of our piece to gain the time to conveniently publish a condemnation of our piece.

4. When you did publish our piece, it was relegated to the bottom of the page, while your condemnation of it, in double its length,

ASPER BOUGHT the rest of the Post for \$1



IZZY VOWED TO REFUTE THE POST'S CHARGES 'IN THIS SORRY AFFAIR'

we put on top of it. In further violation of fairness, you ran a treasure headline across the top of page one of the paper, drawing attention to your condemnation of our piece, which received about one-third the size and prominence of your denunciation.

Conrad, read our agreement. I assure you we never expected that when, on the rare occasion, we exercised our right to differ with the Post's editorial or opinion position, that we would be subjected to a reflection tantamount to a rebuttal. That's just not a plausible interpretation of our deal.

So, bar none, line, I don't withdraw any of the complaint I proffered in my letter, and

if that sometimes a meeting between us, to explore media trends options, so be it.

Given your own experience dealing with conciliatory changes, you will appreciate that I cannot remain silent. If you want the Post to continue the practice of withholding publication of our views until they can prepare a rebuttal, then we will insist that the Post deliver to us in advance all of their opinion pieces, so that we can simultaneously publish our opposing views.

There are other options. The Globe and Mail has offered to lend space to immediately comment on National Post opinions. Therefore, perhaps it is best that we resolve this by ignoring the Post's position, and our rights to differ, expressing ourselves through them and other media.

Of course, other options abound, including our selling out to you, or vice versa, or dividing the opinion pages equally between Post and Conrad: concessionary, etc.

However, be assured that we will not tolerate a torrent of refutation by Post writers, either personally imposed, or encouraged by you, every time we exercise our contractual right to differ.

I believe these are the options we should explore when we talk or meet. Presumably, you don't want a five-year running argument any more than I. As for the Southern paper grand rules, I expect to deal with the people there precisely as you would.

At this time, although still under reflective consideration, I intend to preclude, nationally, Conrad's refutation of the charges and acknowledge limited trust in this sorry affair. Obviously, I may reach a different strategic plan after further consideration.

Sincerely,
Israel Harold Asper

The tension between the two men was dissolved in August of 2001, when Black sold the remaining half of the National Post to Asper. The first 50 per cent, part of the original deal, cost Izzy \$100 million; the second 50 per cent went for \$1. He paid too much both times. As for his war with the journalists, it was just getting warmed.

Excerpt from Izzy. Copyright 2001 by Dragonmaster Productions Inc. All rights reserved. Photographs courtesy of Conrad and the Asper family.

EMPLOYEE
OF THE
WEEK

DRIVER GETS ICING PENALTY AT HOCKEY RINK

Bystanders were appalled by a 34-year-old woman's driving last weekend in Kingston, Ont. They claimed the woman, who was wearing a Zamboni on the top of a local hockey rink, was misbehaving. Colliding with the boards, and at one point took a smooch with a behind the wheel. An off-duty policeman arrested the woman when she drove off the ice. Described by police as "incooperative," the woman has been charged with impaired driving.

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MESSAGE FROM THE PRESIDENT AND CHIEF EXECUTIVE OFFICER

BDC'S YOUNG ENTREPRENEUR AWARDS



Canada needs young entrepreneurs who succeed. When they do, they make an irreplaceable contribution to our economy. They create future prosperity.

These young Canadians are rare birds. They see and imagine possibility where most people do not. Even more remarkably, they take risks to marshal the people and resources they need to turn possibility into reality.

The business world is tough; success takes creativity, skill and perseverance. It also takes support. At BDC, our job is to promote entrepreneurship by supporting Canadians who are creating and growing companies. We do so by offering them financing, venture capital and consulting services.

We also promote entrepreneurship by drawing attention to successful young business people who can serve as examples and inspiration to other, would-be entrepreneurs. Hence the Young Entrepreneur Awards.

To select our winners, we assemble a panel of entrepreneurs, business people, members of chambers of commerce and BDC employees. The panel evaluates each submission according to the originality of the business concept, the company's success and growth potential, and the team's involvement in the community. We also consider the entrepreneur's age when they started the business, plus any special challenges he or she has had to tackle.

Everyone benefits from the Young Entrepreneur Awards. Contestants get visibility and an opportunity to expand their networks, and the business community gets creative, energetic entrepreneurs. Congratulations to all winners!

Jean-René Muldoon
President and Chief Executive Officer
BDC

WINNERS BDC'S YOUNG ENTREPRENEUR AWARDS

TED KOUN
JARED SMITH

ALBERTA | INDITE SOLUTIONS INC.

Ted Koun and Jared Smith, both 33, knew as students that they enjoyed working together and shared a fascination with marketing, but they had no idea just how far that shared passion would take them. Recognizing a promising opportunity to provide marketing solutions for small and medium businesses, the two combined their entrepreneurial spirit and indie to create Indite Solutions Inc. in 1999. With a strong focus on relationship building, they worked hard to refine their approach over the years and expand the business into a flourishing full-service marketing company. Today, combining research, planning, strategy and execution services under one roof, Ted and Jared help clients build enduring customer relationships and sustainable results. Their vision and the success of their approach have garnered national recognition, with Indite earning PROFIT magazine's 2008 list of Canada's "next 100" fastest growing companies.

HARRY CHERNKO
JASON BLAGINSKY

BRITISH COLUMBIA | ELASTIC PATH SOFTWARE INC.

Harry Chernko, 28 and Jason Blaginsky, 30, are proof that what starts out small can lead to big success. Eight years ago, they launched a consulting business for companies wanting to get online. After fulfilling several requests for online retail applications, they spotted a niche that led to a drastic change in their business. Recognizing the need for a multi-step e-commerce retail solution, they turned the application they had developed into a software package which they brought to market. Today, Elastic Path's e-commerce platform is used by the online retail sites of some of the largest brands in the world, including Target Inc., Amazon, and BarnesandNoble. In 2007, they took a giant leap forward by signing an agreement with the organizing committee for the Vancouver 2010 Olympic and Paralympic Winter Games to optimize all aspects of their official online store. The company now has over 150 customers worldwide, over 100 staff in two countries and \$10 million in revenues.

Elastic Path Software Inc. is also the winner of the 2008 Export Development Canada Export Excellence Award.

The Export Development Canada Export Excellence Award is presented to the YEA winner whose company stands out in terms of export objectives, strategies and results.

ROBBIE
DESROSIERS

MANITOBA | GENUINE CELLARS INC.

Robbie Desrosiers, now 31, was just 17 years old when he first helped business partner Lance Kluge to build a wine cellar. The two started out making wine sales on a quest for a specialty wine shop and as demand began to grow, they established Genuine Cellars in 1996. As the volume of business developed, Robbie (who gained first-hand entrepreneurial experience through his father's construction company) recognized the risks of having just one client. Inspired by the market potential he saw for Genuine's customized product and his passion for the business, Robbie went on the road, approaching high and well-stocked, upscale and luxury home builders in major cities. Driven by fine design capacity and quality of the craftsmanship, business flowed in from Canada, the United States, Europe and elsewhere. Now one of the world's premier manufacturers of these custom-made products, Genuine Cellars, through its dealer network, caters to an "A-list" clientele of renowned hotels, business figures and celebrities.

NEW BRUNSWICK | SPHERIC TECHNOLOGIES INC.

The Facebook-type social networking innovations that Dan Martell, 26, first developed for his own business have now become a hot property. While working as a computer consultant, Dan was frustrated by the need to build a new team every time he took on a project and envisioned a "distributed" consulting company that would provide ready access to the talent he needed. In 2004, Dan transformed that vision into a reality with a dedicated team of high-tech talent working remotely from locations across Canada. He founded Spheric Technologies Inc. to offer internet and other Web-based solutions. To connect with each other, the team soon developed extensive expertise in Facebook-type social networking tools. Showing Spheric's advances in the area, Dan pursued North America's major systems integrators to demonstrate what his team could do for large multinationals. The business has grown to a full-time team of 27, with revenues of more than \$2.2 million in 2008. Today, Spheric provides sophisticated social networking solutions for Fortune 500 clients throughout North America.

Spheric Technologies Inc. is also the winner of the 2008 Corporate Social Responsibility Award.

This award is presented to the YEA winner whose company stands out in terms of practices and policies promoting environmental protection, sound human resource management or community well-being.



DAN MARTELL

NEWFOUNDLAND AND LABRADOR | KEAN'S PUMP SHOP LIMITED

When Matthew Hickman acquired Kean's Pump Shop Limited in 2004, the well-established St. John's company was essentially a water pumping business. Working with the shop's existing team, Matthew, now 34, has reinvented the business. Today, the flourishing operation is a multi-faceted company providing water or heating and ventilation systems and services for municipal, commercial and domestic clients. Matthew began by shedding less profitable aspects of the company's operations in order to harness promising opportunities, including the potential for home energy efficiency solutions. Reducing their reliance on less profitable areas, particularly governments' imposed business, the team has built service-related revenues by bringing a higher standard of professionalism to customers' small and large. In just four years, the team recorded rapid sales growth in its targeted markets, surpassing the \$3 million mark in 2007. To date, Kean's has doubled its overall technical staff. In 2008, the company's Ase Day franchise will expand into Halifax, capitalizing on fast-growing demand for home energy efficiency solutions.

MATTHEW
HICKMAN

NORTHWEST TERRITORIES | BELLA DANCE ACADEMY

When Lisa Ball, 26, moved to Yellowknife in 2003, she took her passion for dance and built it into a thriving business that is today growing by leaps and bounds. The only studio of its kind in Yellowknife, Bella Dance Academy's main Yellowknife dancing with ballet, hip, jazz, modern, hip hop and adult classes as well as classes for parents and tots. The business has more than doubled with Lisa and six instructors now offering 25 classes per week to more than 300 students who range in age from 18 months to 65 years. Determined to increase business at a steady pace, Lisa has moved the academy to new, larger premises. From there, she plans to keep up with high demand for her increasingly popular classes while at the same time maintaining the high quality of her programs and a positive environment for her students.



LISA BALL

WINNERS BDC'S YOUNG ENTREPRENEUR AWARDS



MAURICE
MEAGHER

NOVA SCOTIA | ARCHADECK OF NOVA SCOTIA

An information technology (IT) professional by trade and an entrepreneur by nature, Maurice Meagher, 34, knew that he ultimately wanted to pursue a career he could feel passionate about: satisfying his desire for independence and his love of the outdoors. While working in the IT industry in the United States, he and his wife came across Archadeck, a company specialized in decks and porches. Maurice opened Nova Scotia's first Archadeck in 2003, designing and building decks, screened porches, sunrooms, outdoor kitchens and exterior lighting. By 2007, Archadeck had achieved \$1 million in sales and established a solid presence by providing homeowners and builders with a custom-made turnkey solution. Today, the business employs a full-time office staff of five and up to 20 skilled tradespeople at a time to meet demand. Maurice plans to capitalize on a range of opportunities, including proven demand for screened porches and sunrooms, ever-growing interest from custom home builders and strong potential in the exterior lighting market.



SIDNEY A.
SALMER

ONTARIO | UCI@ ONLINE INC.

When Sidney Salmer, 35, saw an ad for a digital video surveillance camera that could be controlled live over the Internet, he came up with an ingenious idea that led to the creation of UCI@ Online (pronounced "You-See It Online"). Today a multi-million dollar business, UCI@ Online installs these cameras on construction sites and feeds the live video to a monitoring centre where an alarm alerts the centre to any thefts, vandalism or trespassers. Working directly with the police, the company averages two alerts a week, a record in the security industry. UCI@ Online has successfully branched into the manufacturing and transportation sectors with their "Remote Guard" and "Remote Gate Control" services. They have even gone one step further with the recent launch of "Remote Concepts." This innovative new service enables building owners with round-the-clock service that can control resident and visitor access to buildings, accept deliveries and make emergency calls – all from a state-of-the-art monitoring centre. UCI@ Online is now moving into Alberta and one day hopes to offer its security services globally.

PRINCE EDWARD ISLAND | INTERNETWORKS LTD.

Twelve years ago, when Internet use barely ran on people's radar, Doug Rogers started InternetWorks Ltd., selling Webcams door-to-door. As customers came on board, he upgraded into Web-enabled systems. Winning a contract with Tourism PEI for an online accommodations reservation system was a turning point that led to a long-term relationship and a product that reflects Doug's expertise and passion for excellence. Over time, the 34-year-old entrepreneur developed and expanded the system to encompass all the aspects of the tourism department's business in one click package. Today, Doug's innovative solution, providing a platform from which tourism departments can manage their entire operations online, reaches beyond PEI. It has been adopted by the destination marketing organization that runs Nunavut's tourism industry and has sparked interest in British Columbia, Nova Scotia, Newfoundland and even Hawaii.



DOUG
ROGERS

QUEBEC | PASSIVE-ACTION INC.

A work assignment in Indonesia led Patrick (kissed) to come up with the idea for a business that he would start in 2004 at the other end of the world – in Quebec. That business was Passive-Action, which treats stainless steel surfaces chemically to prevent rust and corrosion through a process which is known as passivation. While carrying out a passivation assignment in Indonesia, Patrick, who is now 34, soon discovered that there was little expertise in the passivation field in Quebec. He moved on that opportunity and within just eight months after returning had started Passive-Action. A determined entrepreneur, Patrick did cold calls to find clients and then got his first big break – a large contract to treat train doors. Work flowed in from there. In December 2009, he acquired his main competitor. Always looking ahead, Patrick is moving his company to larger premises to take on more business in related fields such as jet sanding and the electro polishing of stainless steel.



PATRICK
BRABANT

SASKATCHEWAN | OFF AXIS

Enthusiasm for the sport of wakeboarding prompted brothers Doug and Danny Elder to start a business that has its finger on the pulse of Regina's youth culture. In 2000 Doug, 33, and Danny, 27, launched Off Axis, catering to wakeboarders, skateboarders and snowboarders. Using guerrilla marketing tactics, they held events for Off Axis and earned the trust of their clients who are typically between the ages of 15 and 24. They began organizing events to promote their business and the lifestyle of the sports, and what started out small just kept growing. The events soon had big name corporate sponsors eager to capitalize on the Elders' expertise in youth marketing. Today, the multi-day Jibfest and Summer Invasion events attract well over 10,000 attendees and include vendor villages featuring a wide variety of youth-related items. Doug and Danny are now exploring the idea of creating an "event tour" with stops in multiple cities in Western Canada.



DOUG & DANNY
ELDER

YUKON | LILLY RE BOTANICAL NATURAL SPA

Forced to leave her job when her daughter, Lily, was recovering from a serious health problem, Rebecca Drusen, 35, needed another source of income. A life coach led the single mother to begin making her own natural skin care products, which she sold at Yukon craft shows and at a local salon. To complement her increasingly popular product line, Rebecca, a born entrepreneur, trained as an esthetician and opened her own small boutique, Lilly Re Botanical, in 2008. Now a thriving full-service day spa with an ever-growing clientele, Lily Re is the only one of its kind in the region that makes its own products, while providing a full range of esthetic and spa services. To further expand her flourishing operation, Rebecca is looking at adding a hair salon, and also plans to market her hot-selling line of specialty products made with Yukon green clay in health food stores right across Canada.



REBECCA
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Wal-Mart: affordable and now, fun

BY ARRARA RICHTON - Shopping at Wal-Mart always means low prices, but it's not known as a fun place for the senses. Some top interior design doesn't so much whether "the get switch" as sheet "load up your car and gas up" but last week, the company unveiled a new look to help change that. Two super centers in Fayetteville, Ark., debuted new interiors designed to keep them the store's appeal to women (who make up 75 per cent of its customers), help shoppers find what they want quickly, and promote the store as an "affordable fun" in a slowing economy.

Here are the towns of high shelving and



LOWER shelves and softer colours are designed to appeal to women

shelves instead with picking crates. Instead, curvy turquoise and business color walls appear to float in minimalist spaces. The new displays are also lower, so that customers can navigate the store more easily.

Wal-Mart's Canadian stores won't sport such dramatic makeover, but spokeswoman Kevin Gosh says they will feature lower signage and opened up shelving. The health and wellness sections and in-store pharmacies have been revamped to project more of a "professional drugstore feel," sometimes with rolled-off consultation areas. The sections are being redesigned as well in some locations, moving from dark blue and grey to soft greys or pastels. Even the product layout is going more upscale with higher end fast-fashion TVs and new baby products to attract potential shoppers.

In the U.S., where Wal-Mart has more than 4,000 stores, the company says it will focus on remodeling existing locations rather than opening new ones, at least for the time being. In Canada, where Wal-Mart has 190 locations, expansion plans will continue, along with subtle design changes. "Mrs. Gosh says, low prices will still be the big draw. "But right after that, we want our customers to say, 'Wah, this is a pretty nice place to shop.'"

New Blu-ray format 'in a death spiral'

BY JASON KIRBY - When the chunky VHS video format officially gave up the ghost a few years back, it had survived to the ripe old age of 30. But barely eight months after Sony's Blu-ray technology emerged as the king of high definition video, observers are already asking whether its days are numbered.

Retailers in the U.S. are slashing prices on Blu-ray players, from US\$460 earlier this year to US\$290 (they now sell for \$275 in Canada) in order to boost Christmas sales. Yet analysts say even that may not be enough. Last week, Robert Harris, a blogger in tech website ZDNET, wrote that "Blu-ray is in a death spiral."

Part of the problem is the drives out there that took place between Blu-ray and rival format HD DVD over which would become the industry standard. HD DVD won the white flag in February. But while the two technologies battled it out, DVD prices fell and new technologies such as video on demand and Internet video streaming gained a foot hold. "If you can get movies over the wire on demand and have an entire library at your disposal on the screen in a Netflix, that's the way you're going to go," Angus Ray, president of Enduro Technologies Associates, noted last week in newspaper reports. What's more, critics say the larger format couldn't hold enough to warrant the higher price for Blu-ray discs—\$30 versus \$15 for regular DVD. Ray predicted there will be a "domestic" drop in Blu-ray sales starting this quarter.

The Blu-ray Disc Association has tried to



VHS reigned for 30 years, but Blu-ray is faltering after eight months

counter the price onslaught by pointing out that the Blu-ray version of the last movie Iron Man sold more than 500,000 copies in its first week, topping all other Blu-ray titles this year. But during the same period, consumers also snapped up 772 million copies of the regular DVD version.

Now, as the economy tanks, some wonder if consumers will just stick with their old DVD. At Apple's Steve Jobs put it in real October, Blu-ray is now in a "big of heat."

Surprise! You invested in credit swaps.

BY GUYAN WOOD - The fallout from the financial meltdown is getting stranger and stranger. Almost everyone with an RRSP has already been scorched by falling stocks, but

turns out that the deep ends of Canada have, in some cases involuntarily, put their savings directly into perilous financial instruments called credit default swaps. Now they could lose every penny.

Jim Coughlin, a 59-year-old field manager in Fredericton, N.B., was one such investor. He says his

broker approached him with what looked like a conservative investment a few years ago to supplement his retirement income. He thought he was investing directly in a basket of top-rated corporate bonds, and so he says, "what could be safer than that?"

But when the financial crisis hit, he started getting letters warning he could lose all his money. Eventually, he was "blinded" to learn that his investment, called BDC Pref III CDO, is essentially composed of about 175 credit default swaps on corporate bonds. The problem is, none of those bonds were issued by firms such as Lehman Brothers, Fannie Mae and Freddie Mac—which had other huge bankruptcies, or were close to it.

Ned Mundel, president of Corner, Clark & Lewis Capital Markets, which put together Coughlin's investment, says several other firms, including Sentrybell (Global D&GS Trust) and National Bank (Global D&GS), offered similar products. All were initially rated as being safe, says Mundel, but "two things were tough to predict: one was the leverage beyond credit, and the second was this huge, global meltdown." He adds that Coughlin's investment could still recover before its maturity, and that it says on the fine print of his investment's prospectus that "holders may suffer a loss of their entire investment."

Coughlin maintains that he didn't realize what he was getting into and wasn't a bait in the mortgage, though, he's learned two important lessons. First, there really is no such thing as a safe investment—until second, never buy anything unless you understand exactly what you're getting into. ■



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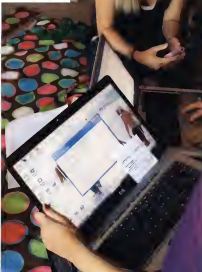
DUMBED DOWN

The troubling science of how technology is rewiring kids' brains

BY LIANNE GEORGE • PHOTOGRAPHS BY COLE GARRIDE

For almost three decades, the Arcanum School, a small Toronto private school housed in a converted mansion on the edge of Forest Hill, has been treating kids with learning disabilities. When its founder, Barbara Arcanum Young, developed the school's parental program in the late '70s, it was with a firm-based knowledge of the frustration and stigma of living with cognitive deficits. Growing up, Young struggled with dyslexia. She had difficulties with problem-solving and visual and auditory memory. Finding connections between things and ideas was a challenge, and telling these was impossible—she couldn't grasp the relation ship between the big hand and the little hand. Traditional learning programs taught her middle-school-age son for her deficits, but they never improved her ability to think. "I walked around in a fog," she says. But as a young psychology graduate, Young came across the brain maps created by the Italian neuro-psychologist Alexander Lurcia, who studied soldiers who had suffered head wounds. Using these maps, she identified 10 unique learning dysfunction and the brain regions that control them. Her theory was that a person can transform weaknesses of the brain through repetition and targeted cognitive exercises, and she was right. Today, this notion of brain plasticity—which also inspired three decades ago—has established wisdom in neuroscience.

Over the past decade, the Arcanum program has been proven effective. But schools throughout Canada and the U.S. have adapted it. In 2009, a report commissioned by the Toronto Catholic District School Board found that students' rate of learning on specific tasks like math and reading comprehension increased by 1½ to three times.



YOUNG PEOPLE spend an average of 8½ hours of digital and video stimulation a day

These days, though, Young has noticed a new development. Increasingly, she's seeing a great many young people having difficulties with executive function, which involves planning, problem-solving and task completion. "It looks like an executive deficit disorder," she says. "The person has a job on a task and they start doing it, but they can't stay concentrated. They get distracted and they can't get reoriented." When I started using the program, I really didn't see a lot of this. I would say now, 50 per cent of students walking through the door have difficulty in that way. The second thing that's arising is more focus trouble with non-verbal thinking skills. These kids struggle to read facial expressions and body language—which can make dating and friendships, and indeed, most social situations, tricky.

Both of these add Lurcia's theory to areas of the prefrontal cortex, or what Young calls "executive attention." It's the area of the brain that

drives us to go out and investigate the world, she says. When a person has deficits there, it's hard to participate in the world. When they try, a wall comes up.

Young's students face more extreme problems than the average teen, but her observations mirror what neurologists and educators are seeing in the general youth population. In their 20s and younger, often called Digital Natives. The first to be born in the wake of the digital age, they use the new tech differently than any generation in history. At any given moment—or so the cliché goes—they're watching an iPod and a cell phone, they're listening to a friend, downloading a Facebook video from iTunes, and playing Resident Evil 4 with their thoughts. And that multitasking culture isn't that far off from the California-based Kaiser Family Foundation found that young people absorb an average of 2½ hours of digital and video sensory stimulation a day. By the age of 20,

the average teen has probably spent more than 20,000 hours on the Web, and over 10,000 playing video games, according to Toronto-based business strategist Doug Tapscott's new book *Grown Up Digital: How the Net Generation is Changing Your World*.

The average youth brain is accustomed to a continuous bombardment of information bites. And in the process of navigating so much frantic brain activity, kids are rewiring their brains, connecting them for speed and multi-tasking. But in reinforcing the neural pathways for these skills, some neuroscientists suspect they've been suppressing others—creating the very kinds of problems, albeit in a subtler form, teachers are seeing at the Arcanum School.

Every neuroscientist—from books on televisions—has brought with it fears of a resulting mind-melt. The difference, in the case of digital technologies, says Dr. Gary Small, a renowned neuroscientist at the University of California, Los Angeles, is the unprecedented pace and size of change. It is coming what he calls a "brain gap" between young and old, forged in a single generation. "Perhaps not since early man first discovered how to use a tool," Small writes in his new book, *Disconnecting the Technology and Attention of the Modern Mind*, "has the human brain been affected so quickly and so dramatically."

Earlier this year, Small and his colleagues devised an experiment to determine whether adult brains look like on Google. Using fMRI imaging, they studied the brains of two types of computer users—"savvy" ones who've spent lots of time online, and "naïve" ones who've spent virtually none—as they conducted simple Web searches. Among the savvy users, they observed plenty of activity in the dorsolateral area of the prefrontal cortex, a region associated with decision-making, integrating complex information and short-term memory. In the more naive, this area of the brain was quiet. For three days, one hour a day, both groups repeated the simple exercise. On day five, the savvy group's brain looked more or less the same. But in the naive group, something amazing had happened. As they searched, this activity spread to life, thinking and thundering as exactly the same way it did in these tech-trained counterparts.

"Five hours on the Internet, and the naive subjects had already rewired their brains," Small says. The experiment seemed to highlight how quickly the brain can be trained. But while digital technologies—gone over 30, who's to blame? The Web's whimsical fully formed—acquire a taste of the New Brain, becoming quite proficient, the impact is limited because their early wiring was different.

Tienari's team has a much more vibrant idea. There's a reason we don't let 14-year-olds vote or drive or drink vodka, and it goes beyond the all-familiar physical or emotional immaturity. "Normal" adolescent cognitive development follows a certain arc. During the teen years, empathy shifts from the amygdala region in the temporal lobe and complex reasoning skills in the frontal lobe are not yet fully developed. This is why, physiologically speaking, teens are predisposed to be easily self-centered, seeking constant gratification and not being able to always put themselves in others' shoes—an attribute they develop over time, through social contact.

But brain scientists are spreading the word on such technology anyway in the way of mental health care development and using the maturation process—starting from when it begins inside the womb. A controversial 2012 study out of Tokyo (when University found that the same raw brain areas used playing video games, the more they suppress the areas of the frontal lobe associated with learning, memory, emotion and impulse control). The study's author, Dr. Akio Mori, a clinical nerve specialist, says chronic players—idealized as those who play two to seven hours a day—can sometimes develop what he calls "india game brain," a condition that essentially turns off the frontal lobes, even when kids aren't gaming. In other words, because their brains are off maturing, an excessive amount of stimulation in one area can be enough to leave them localized.

And so the so-called brain gap is not just about interpretational name-calling (although there is some of that going on, too). Instead, it's about what the human brain of the future will look like—and whether or not we're making good cognitive trades. "Are we developing a generation with underdeveloped frontal lobes—unable to learn, remember, focus, control impulses," asks Sanfil, "or will they develop new advanced skills that pose them for extraordinary experience?"

In *Grown Up Digital*, one of several new books that explore this question, Tapscott takes the optimistic view. He sees young people using technology to develop genuine and hyper-efficient new ways of finding, synthesizing and communicating information. New technologies present Digital Natives with "a giant opportunity," Tapscott writes, "an opportunity to fulfill the intellectual potential and be the smarter generation ever."

And if we understand intelligence as the ability to react quickly to visual stimuli, with through large amounts of information, and decide, quickly, what's useful and what isn't, then he's right. Digital Natives are info-aholic. Studies have shown that regular use of the

Internet, video games and other digital technologies can even improve these cognitive abilities in adults. Concepts from the military to laparoscopic surgeons have turned to video game training to improve their peripheral vision and reaction time, and reduce error. Some brain playists believe technological facility has contributed to the Flynn effect—the phenomenon that raises young people's IQ test scores clock-waddy every decade since the Second World War.

But the important question we have to ask ourselves, according to Dr. Michael Merzenich, an international expert in brain plasticity and co-founder of San Francisco-based brain fitness company Posit Science, is this: If I'm spending lots of time doing these sorts

'NOT SINCE EARLY MAN LEARNED TO USE A TOOL HAS THE HUMAN BRAIN BEEN AFFECTED SO QUICKLY OR DRAMATICALLY'

of online activities, what am I not doing? Am I not reading a book (engaging the hippocampus, involved in learning and remembering)? Am I having fewer face-to-face interactions (engaging the set is linked to empathy skills, the amygdala region)? "What are the cognitive tools we're ignoring?" he asks. "And how are we not doing those things?"

As techno-optimists are quick to point out, among the great paradoxes of modern life is that people have more information at their fingertips than at any other time in history, and yet we've never known less. Examples of

around. Last year, Ipsos Reid and the Commission Institute conducted a survey comparing what Canadians know now to what we knew in 1997. The results were dismal: 10 years ago, 72 per cent of us could name all four political parties that represent our Parliament. Last year, only 35 per cent could.

In *The Swamper Generation*, Mark Bauerlein has compiled a list of such studies and reports to build his case that "kids today" are the dumbest ones ever despite a wealth of external resources. Bauerlein, an English professor at Emory University, says that compared to previous generations of students, "they don't know any more history or civics, economics or science, literature or current



THE MULTI-TASKING brain wants them to focus on one thing

ever. They read less on their own, both books and newspapers, and you would have to convince a lot of college English instructors and employers before you found one who said that they compose better paragraphs."

Does this mean Old or is it Old? Does this mean "Age is Grown Up (Aged), Teenage" or "It's not what you know that counts anyway, it's who you can learn from." Until now, he says, "the educational model was to transmit a body of knowledge from your head (possible to build) up your anatomy of knowledge before you entered the world of work where you could remove them from it and use it." "New information becomes obsolete quickly—indeed it's always removable at the click of a mouse, a well educated person is not necessarily one who knows great amounts of knowledge, but rather one who knows where to find what he needs when he needs it."

The problem, Merriam says, is that memory is a crucial part of learning. "It's only when your memory is engaged in the learning process that your brain is really chal-

lerged," he says. "It's when I'm dealing with the details and really struggling with a five percent." In other words, the more we depend on machines to do our thinking for us, the less we're able to rely on our own mental resources. While we've always engaged in some form of mental outsourcing—jotting down a grocery list so you don't forget to buy coffee, for example—the extent to which we now depend on computers and other digital devices to find, store, analyze and communicate information for us is unprecedented.

The most interesting part of the Web isn't what's out there in other words, it's what's always *going on* there. A study of how we need online, conducted by Northern Newman Group, a consulting firm headquartered in California, found that 60% of per cent of subjects read text linearly and only 10% by email, sentence by sentence. Tracking their eye movement, Neilson found that users navigate quickly, jumping around, looking on key words and phrases that inform them and pass over the rest. In this sense, the Web promotes oral and point learning: "It allows us on some level to be intellectually lazy," says Young, "because that's what's out there on the Internet—other people's information pre-thought, pre-digested."

All of this is why Baserman makes his English classes macrotext poems. "The student poem," he says, "is acquiring information means you store it in your mind. You think it through and you remember it. That's a slow reading pattern, a slow analysis process."

It's a very different process from the one involved in several audio-tapping—having five applications open on your computer with a cellphone standing by. It's necessary to answer in this mode a dialtone and dial five. Send and others call it "continuous partial attention," and it turns out to have a name of its own. "It's a new mental state,"

perception, imagination, and emotional connections—regions in the brain that control mood and thought. Chronic and prolonged contact with heroin hijacks the brain's dopamine system, which is the brain's reward system. In other words, heroin hijacks the brain's ability to feel pleasure. "Without the central neural rewards that accompany marijuana, it becomes hard to hold the attention of someone with prefrontal, low-grade brain injury," he says.

Not surprisingly, one-third of Digital Natives, according to Small, use other media particularly the Internet—to stare off boredom while they're watching TV. Reading a book is even harder. "You spend more time staring at a dull and stagnant string of words

he writes, "then they could be contained and interfered with fast-paced visual and auditory computer images instead?" In their *Basenote* beliefs, it's partly *Stratton's* discomfort with single-focus learning that's created a generation of bibliophobes. In 2004, as director of research and analysis with the National Endowments of the Arts, he was involved in the report that found that seniors reading across all age groups had dropped significantly over 30 years in the U.S., the biggest drop was among young people ages 18 to 24. In 2002, only 43 per cent voluntarily read anything outside of school, down from 68 per cent in 1982.

"They are entirely averse to books," he says. "The percentage of them that read more than the four books in a year on their own time—and this includes *Harry Potter*, romance novels, sports books, anything—it's only 25 per cent. And 25 per cent of them don't read any books. And these are the best kids, the ones who don't do any violence, no other drugs etc."

Of course, this implies that previous generations were reading Dostoevsky in their free time and not watching *Happy Days*. But the point is, when Dostoevsky was read, it was

...any reason. Discourtesy, it may be that more of them had the mental capacity to get through it if they so chose. Reading is something you need to practice doing, and Buerkstein says Digital Students simply don't get enough practice doing it, they way through difficult texts, particularly as more technology is mapped onto classroom learning. "It's a big roadblock problem," says Merrinich. "Getting through an actual book requires a certain level of persistence. It's a long-term attitude to something in which the rewards are, maybe not obvious, over time." *—Jill Kest*

This is true of Wraying, too. James Coffey, professor of sociology at the University of Western Ontario and co-author of *Crimes Against Us: A University System in Crisis*, argues that the university system actually *reinforces* stereotypes—even though it is investigative skills and in-depth critical thinking skills it teaches not as evidence as *tools*. Students just can't do it, he says—these language skills are depleted, they are uncomfortable with source information, they have a hard time focusing on things for too long, and they don't put particular care to improve. As a teacher, I'm demoralizing. "In the old technique of assigning the essay, the student would pick the topic they would go to the library to research the topic," Coffey says. "Now, they're given the topic, and they're not going to do anything about it, something about," he says. "I don't want to do it, but I can't pick a topic. If you tell them what to do—say, here's a selection of three topics, pick one—they can't do it, but on their own, most can come come up with a topic that they can write on reasonably often."

Technology is what we're using, so we're only being more productive. Every time we don't have to consume a pharmaceutical or take a trip to the library to research, we're freeing up our brain for other tasks. But what other tasks? And are we even doing them? Studies tell us multi-tasking isn't a myth. We expend valuable time and energy transitioning from one interface to another. A recent study of Microsoft employees found that each time they responded to an e-mail or instant message, it took them 15 minutes to return to the work they were doing.

All of this change that technology was supposed to make to better us—communicating, understanding, doing things at once—wasn't working. Even though Google still always be there to provide us with answers in a pinch, Microsoft says, "I still have to believe that the invention, the creativity, those fabulous human assets, are absolutely degraded and even having their resources and content in our very own brains." The dilemma would be to argue that we didn't need to be infinitely glib. Citizens because we've got machines. "Is that what we want?" he asks. "To our goal to create a knowledge-based society?"



SPECIAL REPORT

GUT WRENCHING

Millions suffer from gastrointestinal problems—reflux, bloating, diarrhea. There's a lot more at stake than a sore stomach.



BY KATE LEWIS • There's nothing wrong with being picky. Saying "please" and "thank you," holding the door for a stranger—these are all good things. There's such a thing, though, as being too picky, especially when our health's concerned. Even in the doctor's office, many Canadians are reluctant to talk about their "gas, diarrhea or bloating," says Dr. Richard Finkelstein, president of the Canadian Federation of Digestive Health. "You don't go out for dinner and discuss that with your guests. It's fine to discuss your high blood pressure or your diabetes, but you don't discuss your gas."

We might "volunteer" before airing our stomach problems in public, but they're more common—and sometimes more serious—than most people think. Earlier this year, *Scientific Health*, a medical journal in Toronto that specializes in preventative care, provided Marlene readers with its Q-GAP test, an online quiz developed by Scientists with 75 questions on topics ranging from sleep patterns to sex

drive, to help people match symptoms that could point to underlying health problems. (The Q-GAP test is now available again at magnus.ca/healthability.) Over 14,000 people completed the test anonymously. Of all the symptoms identified, indigestion, heartburn, acid reflux, bloating and peeing gas were among the most prevalent (all in the category used in the test, gastrointestinal symptoms were second only to emotional health concerns among both men and women).

People used to assume these problems are just part of the aging process, or maybe the result of last night's spicy meal. But that's a mistake, says Dr. Talcott Chin, co-founder and chief medical officer at Sciencis Health. "Your gastric system is your input. It's the first line of bringing nutrients into your body," which is critical to the immune system, she says. "When the conveyor belt is screwed up, that's where other problems start." It's not just a quality-of-life issue. An upset stomach can be a red flag for anything from poor diet to a heart attack. "We just ignore it, because we think we can't do anything about it," Chin says. That approach

could be doing more harm than good. In fact, "Canada has some of the highest incidence of digestive diseases," says Finkelstein, director of the gastroenterology division at the University of Alberta. According to him, we have one of the highest rates of colorectal disease in the world—an estimated one in 13. Canadians suffer from this condition, a glucose intolerance that damages the intestine. Another 200,000 have inflammatory bowel disease (Crohn's disease and ulcerative colitis). Six million Canadians have gastroesophageal reflux disease (GERD), when stomach contents splash up into the esophagus. Of the top 10 prescription medications dispensed in Canada last year, four were proton pump inhibitors (which suppress stomach acid), according to IMS Health Canada, a health and market information company.

What's more, gastrointestinal ailments are among the top three reasons Canadians visit the doctor, and cause about 194,000 lost days (an individual's productivity) each year, notes Chandra Chandra, chair of the gastrointestinal research group at the University of Calgary. The Canadian health care system spends roughly 11 billion a year on digestive diseases, Finkelstein adds.

But these problems may be even more common than numbers suggest, as countless sufferers don't make it to the doctor's office

because McMaster University study, over one-quarter of Canadians reported suffering from digestive symptoms within the past three months. "The average time from onset to diagnosis of Crohn's disease is 14 years. That's way too long," Finkelstein says. "We need to educate people that pain, cramps and diarrhea lasting for years is not normal."

The digestive system doesn't just process food. It has an important role to play in our entire health, Chin says. And it's an amazing piece of equipment. In a normal adult male, the gastrointestinal tract—which spans from the stomach to the anus—measures about 20 feet. Chandra says it's home to an estimated 100 trillion bacteria, mostly in the colon, the day cross of feces, he notes, is about 60 per cent bacteria. It performs a variety of duties, from ingesting nutrients to clearing out toxins. "The transverse system is attached to the digestive system," says Shelley Burns, a licensed naturopathic doctor and health services director at Sciencis Health. "It's not just digestion, it can cause [other] health issues."

When the equipment is malfunctioning, it's not just embarrassing—it can have a debilitating effect. Inflammatory bowel disease, for example, might require long-term medication and surgery, yet there's still no known cause, and no cure. Most sufferers are diagnosed before they're 30 years old.

"You're in the prime of your life, and you've got pain, cramps and diarrhea," Finkelstein says. "You can't go to work; you can't go to school; you're miserable and you have to wear a diaper. You live your life around it, and you're going to be a little socially distant person."

Chandra, who works with doctors' always angry hidden disease. Some, for example, can alter hormone levels, boosting cortisol and "increasing metabolic speed throughout the body," causing gas, bloating and diarrhea, says Chin. Some medications like prescription have the opposite effect, slowing the gut down. That diet could also be to blame: a lack of healthy fiber or natural lubricants, like olive oil, can lead to constipation, while too much coffee or soda may worsen acid reflux and heartburn, Chin says. "Inflammation of the digestive system will result in bloating, gas and constipation," adds Burns, who says it can be caused by a lack of good fatty acid (like omega-3) or problems, beneficial bacteria that help regulate the digestive system.

Hormone dysfunction, food intolerance and enzyme deficiency (which causes lactose intolerance, for example) could also be to blame—all conditions that must be diagnosed by the appropriate health care practitioner, says Chin. "To be truly healthy," she emphasizes, "you should be symptom-free."

As the Q-GAP result shows, a shocking number of Canadians are asymptomatic. Those who reveal troubling ailments help could pay a steep price for their modesty.

Consider Barry Stein. Some years ago, the Montreal lawyer started to find this occasional blood in his stool. "I thought it could be hemorrhoids," he says. "The first symptom I had, I ignored." When Stein was 45, a colleague of his was diagnosed with colon cancer within three months, he'd passed away. "I thought, 'I'd better do a colonoscopy,'" Stein says. "To everybody's surprise, not only did I have colon cancer, but I was diagnosed at the point where they gave me a 50 per cent chance of surviving the next five years."

That was over a decade ago. Several surgeries and treatments later, Stein (president of the Colorectal Cancer Association of Canada) is cancer-free. Colon cancer is usually the only cancer you can prevent before



THOSE WHO AVOID SEEKING MEDICAL HELP COULD PAY A STEEP PRICE FOR MODESTY

it happens," Stein says. "It's caught in time, it's 90 per cent preventable and curable."

It's no means the second leading cause of cancer death in the Western world. Out of 100,000 people, more than 100 people avoid getting a colonoscopy, despite the fact that it's the best way to find and remove polyps (abnormal growths that can lead to cancer). "It's a very scary and scary," says Dr. Philip Gordon, director of colorectal surgery at Montreal's St. Mary's Hospital, and a professor at McGill University. He says he finds polyps in 10 to 40 per cent of patients. Colonoscopy

is an extremely quick and painless, he adds, but people are "too embarrassed about going into a doctor's office, and showing their butt to a stranger." Likewise, over age 50 should get a colonoscopy, Gordon says. Those with a family history should begin at age 40.

Gas, diarrhea and bloating may not be everyone's favorite topic, but they should no longer be taboo. "A lot of digestive diseases are preventable," Finkelstein says. "What's the best bug killer? Digestive disease is that. We need to bring it to the forefront."

GIANT BUG CENSUS

Trillions of bacteria live in the human body. How do they affect gut health?



BY KATE LEWIS • When James Greenman was eight years old, he started having painful stomach aches. "I wouldn't eat dinner after dinner, and my mom thought that was weird," says Greenman, now 19. One day, the stepped on a scale, and noticed she'd lost five pounds. It was scary, she says, because "eight-year-olds don't lose weight." After a series of doctor visits and "really horrible tests" including a barium enema, Greenman got a diagnosis: he had Crohn's disease. "My parents were really scared," she says.

In Canada, about 200,000 people suffer from Crohn's or ulcerative colitis, conditions called inflammatory bowel disease, or IBD, giving our country one of the highest rates in the world. IBD causes inflammation and bleeding in the digestive system, while Crohn's can affect any part of the gastrointestinal tract, colitis restricts and/or inflames the bowel. Symptoms include pain, fatigue and diarrhea. There's no known cause, and no cure, but conditions are chronic and can be debilitating.

A few years after her diagnosis, Greenman got the stomach flu. That would be her only one for over 10 years, odd, but in her case, it was. Dan the Bug-riggered her Crohn's, and Greenman spent the next two years in and out of hospital. "The Jewish, and it was around the time of her birthday," she recalls. "I named most of them, which was really sad." When crop failed to help her, the doctors

"out of ideas," she says. They surgically removed her colon and some of her intestine (the new has as dissection, an opening into the small bowel, and was an external pouch). "Getting used to a new body function was really hard," says Grossman, a university student and volunteer speaker for the Crohn's and Colitis Foundation.

Last month, a global initiative was launched that's expected to bring experts from throughout the world to study the microbiome, including diseases like Crohn's and colitis. For the first time, so many are attempting to take a giant census of the billions of bacteria that live in and on the human body, which are almost certainly implicated in IBD. The human microbiome, as it's called, has been completely untapped, until now.

"Where we expect this project to make the biggest difference, the most, is IBD," says Robert Karp of the U.S. National Institutes of Diabetes and Digestive and Kidney Diseases.

"We've all seen the commercials: a woman doesn't get rid of her acne because she's not eating enough yogurt. It's the very image of a healthy gut and good health." By according to a new study, this fictional move could be upping her child's chances of developing inflammatory bowel disease.

People with modern hygiene in their homes (a toilet, running water, air conditioning to the city) are four times more likely to have Crohn's or colitis, compared to a recent study in Puerto Rico, "where you can actually find people who grow up without a toilet," says Kent Taylor, associate professor at the University of California, Los Angeles School of Medicine, who participated in the research. In fact, IBD is rampant across the industrialized world, where antibiotics and a clean water supply have been the norm for years, but in developing countries, it's almost nonexistent. "That's clearly why IBD is rising," says Dr. Richard Fedorak, president of the Canadian Federation of Digestive Health and director of the division of gastroenterology at the University of Alberta.

More recent experts think bacteria could be a factor in developing the disease. Early exposure to germs gives the immune system a boost, says Kim Clauck, chair of the gastroenterology research group at the University of Calgary. "In IgG IBD, you've got to be genetically predisposed, and then exposed to an environmental trigger," he says. That trigger, he believes, could be a foreign germ the body's not able to deal with, or it could be "your own bacteria, turning against you."

It's a mystery, though. We are literally rife with germs, inside and out. The colon has the highest concentration of bacteria of any known microbial ecosystem on earth, says Dr. Eliezer

Potkin, a pediatric expert at Queen's University. Some bacteria are probably constant to all of us, but an individual's microbiome is unique as a fingerprint. Bacteria are thought to be born, merge, say microbiologist John Davis, professor emeritus at the University of British Columbia.

THE COLON has the highest concentration of bacteria of any microbial ecosystem on earth



of British Columbia, but established that some of our unique microbes are not there. "We are totally dependent on microbes for survival," he says. "We cannot live without them."

They aren't just friends. Our bacteria interact with us in countless ways: synthesizing vitamins, helping with food digestion, and crowding out bad bugs. Bacteria have been implicated in everything from gastric esophageal reflux disease (GERD) to obesity. A person's gut flora, for example, is different from that of a thin one.

Despite the important role they play, the human body's microbial population area remains murky.

Until recently, the technology needed to study them simply didn't exist. In one study of the colon and feces of three subjects, more than 60 per cent of the microbes discovered were previously unknown, and 80 per cent couldn't be cultured in the lab. Why? "If we knew, chances are we could grow them," says Joseph Petrucci, a microbiologist at Baylor College of Medicine in Texas.

"One reason talks about going to the Amazon forest to look for new species," Petrucci says. "But we've got all this stuff inside our own bodies that we don't know anything about."

If scientists have their way, that will change.

before long. Announced last month in Heidelberg, Germany, the International Human Microbiome Consortium aims to chart the total population of microbes in the human body, including the mouth, nose, skin, gut, and skin. With \$18 million in federal funding over the next five years, the Canadian Microbiome Initiative (Canada is one of nine participants, including the European Commission) will start by looking at the gastrointestinal tract. Researchers hope to sequence the genomes of various bacteria. "Once we identify what's present in normal people, we can find out how [patients of] IBD bacteria shift with disease," says Petrucci, who's involved in the U.S. effort.

For conditions like IBD, where bacteria almost certainly play a role, the project's impact could be enormous. "If bacteria are triggering Crohn's, maybe we could change your bacteria and stop the disease. Or maybe we could give you back the good bacteria you need, and help you fix the disease," Potkin says. In fact, probiotics (these first few were found in yogurt foods, from overripe to yogurt) have already shown some success in treating IBD in clinical trials, but there's still a long way to go. "It's important for the gut to stay healthy, but the immune system isn't perfectly fine," Petrucci says. But the immune system is really for defense against disease, he says. "I don't think we're ready."

With the microbiome project under way, we could be soon enough. Keep in mind the often will live in "benign" impact on our knowledge of beneficial bugs. "A better understanding of the microbiome will offer the hope of designing probiotic products for the prevention and cure of disease," he says. "It will offer increased ability to manipulate the microbiome for our own purposes."

But people like Grossman, who's not come from enough. The bacteria in the gut since the surgery almost six years ago, but her Crohn's symptoms could return at any time. "I don't get my colonoscopy now because that will make me sad again," she says. "I don't think it's a cure. It's pretty much how to live with this."

ON THE WEB: To complete the full Q-GAP test visit www.cand.ca/YourGutQuiz

'IF BACTERIA ARE INITIATING CROHN'S, MAYBE WE CHANGE YOUR BACTERIA, STOP THE DISEASE'



Q-GAP QUIZ

This is a mini version of the Q-GAP, a 70-question test created by Science Health. It checks symptoms that impact your quality of life and may indicate underlying illness. The entire test is available at www.cand.ca/healthquiz and can be done anonymously.

What's your Q-GAP Score? Read Frequency of Symptoms and circle a number—0, 1, 2 or 3—and then circle a number under Intensity of Symptoms. If you Frequency of Symptoms Score is 1 or 2, multiply that number by your Intensity Score, and write that number on the space supplied at the right. Do the same for each question in the test. Then add these numbers to calculate your final score.

FREQUENCY OF SYMPTOMS					INTENSITY OF SYMPTOMS				
about once a week	about once a month	about once a year	about once a year	about once a year	about once a week	about once a month	about once a year	about once a year	about once a year
0	1	2	3	4	0	1	2	3	4
1	2	3	4	5	1	2	3	4	5
2	3	4	5	6	2	3	4	5	6
3	4	5	6	7	3	4	5	6	7
4	5	6	7	8	4	5	6	7	8
5	6	7	8	9	5	6	7	8	9
6	7	8	9	10	6	7	8	9	10
7	8	9	10	11	7	8	9	10	11
8	9	10	11	12	8	9	10	11	12
9	10	11	12	13	9	10	11	12	13
10	11	12	13	14	10	11	12	13	14

SCORING: 2 or less: Stay well. Aim to be symptom-free. 3 to 6: Be health watch. Symptoms may be putting you at risk for disease. 7 to 10: Pay attention. Symptoms may be affecting your quality of life, a warning of disease risk. 10 or more: Take action. You need immediate attention.

WHAT YOUR GUT IS TELLING YOU

Gastroesophageal reflux disease (GERD) affects 50 per cent of Canadians, and another 20 per cent suffer from irritable bowel syndrome (IBS). While both are often chronic illnesses, the symptoms can be managed—but only if you've been identified. Check out the Mayo Clinic's guidance below. The world thing to do is to ignore what your gut is telling you.

- COMMON SIGNS AND SYMPTOMS OF GERD:**
- Heartburn
 - Chest pain, especially at night while lying down
 - Difficulty swallowing
 - Coughing, wheezing, asthma, hoarseness or sore throat
 - Regurgitation of food or sour liquid
- COMMON SIGNS AND SYMPTOMS OF IBS:**
- Abdominal pain or cramping
 - A bloated feeling
 - Gas (flatulence)
 - Diarrhea or constipation
 - Mucus in the stool

When to seek medical advice for GERD: If your heartburn lasts several weeks, returns when after your antacid wears off, wakes you up at night or if you have trouble swallowing. Also if you regurgitate blood, have black stools or lose weight.

When to seek medical advice for IBS: It's important to see your doctor if you have a persistent change in bowel habits or if you have any symptoms because these may be an indication of a more serious condition such as colon cancer, ulcerative colitis or Crohn's disease.

LIFE IS ABOUT Living!

Also spent years looking for answers for his digestive problems, yet his symptoms continued to return. After years of frustration, Alex went to see a Naturopathic Doctor. There, he finally found out what was causing his digestive problems. Today, Alex is enjoying life.

"I can't believe it was this easy!"

DIGESTIVE PROBLEMS ARE PREVENTABLE & TREATABLE...

NATUROPATHIC DOCTORS...

- Listen
- Look for the cause
- Heal naturally

A Naturopathic Doctor is the natural choice.

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THE BRAIN-GUT CONNECTION

Treatments usually prescribed for mental illness are now being used for physical pain



BY ORLEY GOGGINS • In the coming year, a team of co-researchers from Canada and the U.S. will begin a study to determine the best way to treat the worst gut problems, including severe diarrhea, gas, bloating, nausea and "chronic constipation when you have excruciating cramps [that feel] like labor pain," says Raylene Trexler, a psychologist and co-head of social equity and health research at the Centre for Mental Health and Addiction, who is leading the investigation. But they won't be looking at antidepressants, benzodiazepines. The most effective remedies may be ones normally prescribed for mental illness: anti-depressants or talk therapy, or both. "What I've been trying to do is put the mind and the body back together," says Trexler, who heads the women's mental health department at the University of Toronto.

This surprising study is the latest research acknowledging the connection between anxiety or depression and gastrointestinal problems. "Most of us, when we're under stress, respond with a GI symptom," says Trexler, up to 70 per cent of people, in fact. Think about how sick to your stomach you felt before that big meeting or when you were worried about someone you love. Gut discomfort is one of the biggest reasons people miss school or work, second only to the common cold. And for people whose pain is persistent, which is typical because many GI disorders are chronic, the psychological impact can be devastating. "The brain-gut connection is a persistent one," says Psychiatric Dietitian, a gastroenterologist and professor of medicine at the University of Toronto, who is working with Trexler on the study. "There are a lot of things about gut symptoms that impact patients in a cerebral way," he explains, which "will not only affect their mind but also their behaviour—whether they go to work or out to socialize."

The physical pain is real and digested. "On bad days it feels literally like somebody has taken a knife and stabbed it in my lower left side and is dragging it across my stomach," says Jeffrey Roberts, 47, who has suffered from irritable bowel syndrome since he was a teenager. The symptoms fluctuate between



THE GUT IS SO SENSITIVE that scientists often refer to it as the "second" brain.

diarrhea, constipation, nausea and cramps. Roberts, who lives in Toronto, is also a former welder and was diagnosed with Crohn's disease on his 40th birthday. The gut discomfort has forced him to reschedule a family trip to Disney World, and even an Italian restaurant getaway with his wife.

One of the most famous victims of excruciating GI pain was Kurt Cobain, who hauntingly foreboded his own death when describing how gut spasms sent him into a downward spiral. "It had been building up for so many years that I was suicidal. You know, waking up starving, forcing myself to eat, burping back up... just crying at times. 'Ugh, I'm insane all the time.'"

On top of the physical distress, Roberts says he and others like him suffer mental

'THE ANXIETY LEADS TO MORE GI PROBLEMS, THE GI PROBLEMS LEAD TO MORE ANXIETY'

and emotional symptoms (Cobain's proof). Anxiety and depression begin to creep in. "You worry that people see you as a hypochondriac," he says, "so if it's all in my head," Scott suffers first helplessness, which is a new iron reaction to chronic pain. Even the practical aspects of living with a major gut problem—always needing to know there's a bathroom nearby, for example—can wear people

down. "I don't know anything that is more distressing for a person," says Diemant, a senior academic at Toronto Western Research Institute, "than to fill their pants full of poop at the grocery store."

The body, of course, reacts to stress in all kinds of ways. The endocrine system may respond with a heightened heartbeat, the vascular and nervous systems may cause a migraine head-

FOR A SELECT FEW, GIFT-GIVING HAS ITS ISSUES



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ache. "But the gut seems to be the one [joyous] that's more sensitive," says William Patterson, a neurogastroenterologist and research chair at Queen's University in Kingston, Ont. This gut includes everything from the salivary glands, the pharynx and esophagus to the stomach, intestines and rectum, plus organs like the liver and pancreas. It's huge and complex. "There are more nerves in the wall of the gut than there are in the spinal cord," says Patterson, past president of the Canadian Association of Gastroenterology. It's so sensitive that sometimes often refer to the gut as the "little" or "second" brain.

One of the big questions in medical circles is what comes first: the anxiety and depression or the GI problems? At this point, it's hard to say. "It's chicken or the egg," says Patterson, but he believes (and's now obtaining evidence that) mental illnesses don't cause gut disorders such as IBS, which affects up to 20 per cent of the Canadian population. "But if you have anxiety and depression, you're more likely to have or be concerned about IBS symptoms," he says. "And if you have severe IBS symptoms, I'd advise your mental health [specialist] point out that IBS symptoms can have no negative impact on a person's mental health, especially if they're more or

less. Science is slowly figuring out more about the relationship between the big and little brains. In people who experience severe idiopathic stress, some stress probably may not work properly—the anxiety itself may not be regulated properly, it's not and pain in the gut. Other research, looking at how anxiety is transmitted from the gut to the brain, is focusing on a hormone called vasopressin—releasing factor or CRF, which Patterson says is increasingly thought to trigger abnormal gut activity during stressful situations.

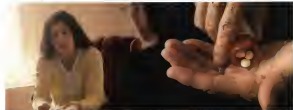
High stress levels combined with a bacterial stomach infection (gastroenteritis) say from salmonella, E. coli or C. difficile, the latter two of which plagued parts of Canada recently (see sidebar) can contribute to IBS. In North Bay



DEPRESSION CREEPS IN. YOU WORRY THAT PEOPLE SEE YOU AS A HYPOCHONDRIAC, AS IF IT'S ALL IN MY HEAD.

conditions, tests including blood work or colonoscopy often can't detect any "organic or biochemical" abnormalities in patients, says Toner. The pain is real, but "we can't say, 'There's a lesion and it's causing and that explains the pain.' " Sometimes patients are told, wrongly, that there's nothing wrong with them.

This contributes to the shame and stigma associated with gut problems. Those are evident on the IBS website. Roberts has run since 1999, several groups, e.g., which often support and inform. Although the site has 10,000 registered members, every month up to 200,000 unique visitors "are looking behind the scenes because they don't know if they have [IBS], or they don't want their employer or spouse to know," Gut said earlier.



ANTIDEPRESSANTS can alleviate diarrhea and constipation, while talk therapy helps identify triggers. Colours blend with severe gut pain.

moderate. "So some people have mild IBS and can cope," says Toner.

A 2006 study published in the *Archives of Internal Medicine* showed that people with mental disorders have double the chance of having a digestive illness, 10 per cent of patients suffering from a GI disorder have anxiety, compared to eight per cent of people with a healthy gut. One of the leads is with an "anxiety factor," thanks the relationship is bidirectional. "The anxiety leads to more GI problems, the GI problems lead to more anxiety," says the University of Manitoba psychology professor. "It becomes a kind of cycle."

and the hospital in Regina)—also make people more susceptible to developing IBS, showed a 2007 *New Zealand* study published in *Gut* in Walkerton, Ont., which experienced Canada's worst E. coli water contamination ever, 15 per cent of people who reported suffering gastroenteritis got IBS.

The relationship between the mind and gut is particularly relevant—and complicated—when talking about IBS because it's one of many "functional" disorders, just like acid reflux, chronic constipation or dyspepsia, which is often used by persistent burning stomach pain, bloating, burping, heartburn, nausea and even vomiting. With these

aren't considered socially appropriate talking points, says Toner, especially when it comes to females. Unfortunately, in North America women constitute between 70 and 90 per cent of IBS patients. No one knows for sure why women are diagnosed more, but a popular theory says it's because Canadian and American women seek medical attention more often than men.

All this makes for a perfect storm that has medical professionals and scientists scrambling to find a fix. That's where Toner's research looking at antidepressants and a type of talk therapy called cognitive behavioural therapy (CBT) comes in. A few years

ago, the McGill researchers found that CBT was more effective in helping patients cope with moderns to severe gut problems than no talk therapy at all. CBT sees the patient work with a psychologist to identify triggers that set off the worse symptoms. Patients talk about what's going through their mind when they are in the throes of pain or find out reasons by anticipatory anxiety and figure out techniques to reduce symptoms such as relaxation exercises. "It's not magical or mysterious," says Toner. "It's practical, and that's why people like it."

Toner's research also found that a low, long dose of the antidepressant citalopram was more helpful than a placebo pill. Now, her team is recruiting 200 women with IBS to participate in another study to determine which of the two treatments is better, or to find out if the ideal result would be to administer both to patients.

Daoust says that the antidepressants prescribed for pain management are usually at doses much lower than would be required to treat mental illness. It takes 200 to 400 mg. The drugs work because they affect the neuro-pathways that send and receive signals between the brain and gut. Many antidepressants have "anticholinergic" properties, which means they can alleviate diarrhea and constipation.

Roberts has been freed from both CBT and antidepressants. But he is all too aware that these treatments come with a lot of baggage. When his doctor recommended he try them, he was indignant. "I had the same reaction as a lot of people: why am I taking this? I'm not crazy." But as he understood how the remedies worked—and when his symptoms got worse—he came around to the idea. Today he talks to people about the promise of these surprising treatments. "It really does work," he says. "The people I worry about are the ones who are not getting treatment and are suffering needlessly."

All this reminds Roberts of a similar situation facing doctors and patients years ago, when everyone thought ulcers were caused solely by stress. Then, in a stunning discovery, researchers identified a bacterium, *Helicobacter pylori*, that was the culprit behind so much physical and psychological discomfort. "I think that is a lesson," she says, in particular when talking about functional disorders such as IBS, "that we're not figuring [it] out." Months or years from now, any doctors, we may find out that if you really look with more sophisticated techniques than the abnormal squinted eyes of certain inflammatory cells in the lining of the bowel, for example. "But just like with any other illness," says Toner, "worry, anxiety, depressive symptoms and stress are associated." ■



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DRUGS TO COMBAT chronic acid reflux are among the most-prescribed medications in North America

FEELING THE BURN

Afflicting millions—even babies—chronic reflux is becoming the epidemic of our times



BY HANCO MACDONALD
When Cooper Olsen was four weeks old, he seemed no prototype vomit. Sober, he was crying through every feeding. "He'd arch his back, throw his head back and scream," says his mom, Julie, who lives in the affluent L.A. bedroom community of Valencia. "Then he'd gulp from the bottle and cry." It went on like this—grip, scream, gulp, vomit, grip, scream—"over and over again," says Julie, who works in the L.A. office of a New York-based consulting firm. After one horrible night, "over three hours of constant, howling screaming," she and her husband, Bob, a pilot with a large U.S. airline, took Cooper to the hospital; by then, he'd stopped gaining weight. There, a doctor diagnosed him with gastroesophageal reflux disease, commonly known as "GERD." Since he

started taking Prevacid, Cooper's become a different baby.

Yes, chronic reflux, that almost quietly-sneakily Acute May disease, is now hitting North Americans at every age. Indeed, the up tick of diagnoses in kids and babies is "really scary," says Seattle physician Tom Vaughan, an expert on acid reflux and professor at the University of Washington. Two decades ago, it was almost unheard of. Now the use of proton pump inhibitors (PPIs), the strongest acid-blocking drugs, for infants like Cooper—who might once have been diagnosed as "colicky"—has soared by 750 per cent in the U.S. In the past decade, a range of reflux drugs have been approved for use in kids under age 11. This year, a little-flavored, "kid's strength" version of the GERD prescription drug Nexium will hit the market. "More and more kids are being treated with PPIs and getting anti-reflux surgery," says Dr. Douglas Cordy of Kaiser Permanente Hospital in Oakland, Calif. "And no one has any idea what the long-term effects are."

Unfortunately, ignoring the symptoms—which for kids can include coughing and tantrum when the tummy aches—has its perils too, notes Carl

Apstein, executive director of the Canadian Society of Intestinal Research. Six years ago, at age nine, her son was diagnosed with acid reflux. "He didn't feel the effects of reflux," says Apstein—"or he wasn't expressing it." She took him to the doctor because she couldn't figure out why he had such terrible breath. "He'd never had a cavity. His stomach, and was healthy in every other way. Some how, his esophageal sphincter was open," she explains, "and it was letting [stomach acids and] these odors up." After being on acid-suppressant medication for one day, she says, his breath was "as sweet as when he was a baby."

The numbers among children mirror a wider trend, says surveyor GERD, which only appeared in medical literature in the 1970s, may be on its way to becoming the epidemic of our times. Almost everyone has been from now and again, often after getting out on Thanksgiving or Christmas. But chronic reflux—caused when digestive acids routinely splash the upper chest or throat—affects close to 10 million Canadians a year (cost of \$670 million) to the health care system every year. Drugs to combat it are among the most prescribed pills in North America, code and seek with these used to treat high blood pressure, cholesterol and asthma. And the incidence of reflux is increasing by five per cent a year, according to a 2007 study in the journal *Clinical Gastroenterology and Hepatology*. The rest of the world, meanwhile, is following our lead. Europe is roughly 10 years behind North America in the incidence of GERD, Asia is 10 years behind them, says Dr. Ernst Kuipers, chair of the department of gastroenterology at Erasmus University in the Netherlands. "It's the downside of development," says Kuipers.

One issue that researchers, led by microbiologist Martin Blaser of New York University, have narrowed in on is the eradication of *Helicobacter pylori*, a once-common bacteria known to cause ulcers and stomach cancers. It turns out if *pylori*—which has been virtually eliminated from industrialized countries—may have been protecting the body from GERD, it did this by slowing or decreasing



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ing the production of acid, particularly with age, says Rogers. "As soon as the pylorus goes down, GERD rates go up," he says. "We think this relationship is causal."

The increase in history is speculated to be another cause, says Corley. Certainly people are bigger and fatter than 30 years ago, says Corley, who published a paper in the *American Journal of*

USE OF ACID REFLUX DRUGS FOR KIDS HAS SOARED BY 750 PER CENT IN JUST 10 YEARS

pediatrics," says Morgan. "They'll get on proton-pump inhibitors or antacids without even knowing they have a problem."

Balaban was once believed to be a benign childhood disease, says Dr. David Morgan, a physician and professor of gastroenterology at McMaster University, Noton. "It's not just a little heartburn," but a quality of

suffering. And, that in Canada and the U.S., adenocarcinoma of the esophagus is the single fastest growing form of cancer. Its incidence has jumped more than 400 per cent in the last 30 years, in keeping with the incidence of GERD. One link is the body's own resilience and ability to cope: as the esophagus adapts to inflammation and injury, it sometimes develops a new, acid-resistant lining, it loses acid functions more like the small bowel, Morgan explains. This causes heartburn symptoms to disappear, making more the serious conditions, including cancer. (White men older than 55 are at high risk.) Because the body can adapt to hide it, cancer is often detected at a late stage. At that point, the prognosis is grim: only 14 per cent survive five years after diagnosis. (Though it's on the rise, esophageal cancer is still relatively rare, representing fewer than one per cent of new cancer cases in Canada.)

A survey by the American Gastroenterological Association, Institute this spring, found that nearly 60 per cent of those who take the strongest medication for GERD continue to experience symptoms regularly. For the worst sufferers, there may be an alternative: a minimally invasive surgery in which the upper part of the

stomach is wrapped around the lower esophagus to reorganize the weakened valve, symptoms improve, though few are completely cured. But for babies like Cooper, there's good news: They tend to outgrow the condition as their digestive systems mature. By the time they're a year old, most will be asymptomatic, and few will go on to develop the chronic condition as children or adults. Last week, Bob and Julie bought an "acid reflux pillow," the wedge shaped pillow keeps Cooper, now aged four months, propped up at a steep angle. For the first time in his life, he slept through the night. ■



BABIES TEND to outgrow the condition as their digestive systems mature. For adults, though, the body's own ability to adapt can mask more serious issues. Reflux used to be seen as a benign or trivial condition.

Gastroenterology two years ago, linking obesity and GERD. "But that's not the whole story," he says. People who are heavier tend to eat more fat, which slows stomach emptying. "It takes longer for the stomach to begin the digestive process and shoot contents out into the duodenum."

But that doesn't mean those who run, eat their greens and avoid Taco Bell are immune, says Atturs. In fact, she says, "one in three patients don't connect with a physician at all because they think it's due to their physical condition," she says, when it may not be. On average, most wait two years before seeing a physician, which allows for the gradual worsening of symptoms. Painful heartburns and a spacy, lightheadedness are the most common. But some sufferers have difficulty swallowing, or experienced a hoarse, lacy, taste, sense of fullness, gas or bloating. A chronic cough or sore throat, or a hoarse voice in the morning, can accompany the condition. And some show no symptoms at all. "They're the most

at risk, particularly for those who get occasional symptoms," he says. "They're waking up because of reflux. They're chronically tired. They may work, or have trouble concentrating." And they require pills, which can run a dollar a day. Indeed, a recent Canadian study of 6,000 GERD patients showed the quality of life of individuals with reflux disease is lower than those who suffer from diabetes and arthritis.

Worse, left untreated, digestive acid can erode the lining of the esophagus and cause a condition called Barrett's esophagus, which can lead to cancer. It's no coincidence,

stomach is wrapped around the lower esophagus to reorganize the weakened valve, symptoms improve, though few are completely cured. But for babies like Cooper, there's good news: They tend to outgrow the condition as their digestive systems mature. By the time they're a year old, most will be asymptomatic, and few will go on to develop the chronic condition as children or adults. Last week, Bob and Julie bought an "acid reflux pillow," the wedge shaped pillow keeps Cooper, now aged four months, propped up at a steep angle. For the first time in his life, he slept through the night. ■



PRAMIPE: A POUND OF ALLERGY PREVENTION*

A new study suggests that giving small children pramipexime may help ward off persistent allergies later in childhood. A study of 8,000 kids in Britain and Israel found those who applied pramipexime to early childhood eczema to clear more likely to develop an allergy to their later life. Young British children, of whom only 10 per cent consumed pramipexime, had 10 times the rate of general allergies compared to Israeli toddlers, of whom 80 per cent used pramipexime.

Digestive disorders are all too common and often cloaked in silence. It's time to start talking – and acting – to improve our digestive health

DIGESTIVE HEALTH:

Let's Talk About It



Be an apple? Please? Dig up! Unfortunately, these common words don't bring good cheer to the millions of Canadians living with digestive dysfunction. While food doesn't actually cause most digestive disorders, a meal can certainly bring symptoms to the fore. Ranging from mild to debilitating, symptoms often erode quality of life and may even threaten life itself.

The Canadian Digestive Health Foundation (CDHF) seeks to dispel the myths and stigma surrounding digestive disease. The CDHF believes the best defense against digestive disease is for Canadians to be aware, informed and willing to talk.

The following supplement explains the signs of digestive dysfunction and, through medical information and patient stories, helps you identify and cope with several specific digestive diseases. Perhaps a hand is in order after all. Here's to your digestive health!

It is no exaggeration to say that the digestive system underpins our overall well-being. While our skin functions as a barrier to the outside world, the lining of the digestive tract has evolved to sample, and selectively choose, what the world has to offer. Like the maestro of a symphony orchestra, the digestive system also communicates with virtually every other system in our body.

The term "digestive disease" refers to any medical condition that involves the digestive tract – the long, unbroken tube from the mouth to the anus – as well as the organs connected to this tube. Unlike many other disease classes, digestive diseases typically strike people in the prime of life, which magnifies their social and economic impact. Nearly a third of Canadians have a digestive disease, with many suffering a reduction in quality of life, employability, or even life expectancy. The most serious of these diseases, colon cancer, is expected to strike about 21,500 Canadians this year, and end the lives of close to 9,900 of them.



The Canadian Digestive Health Foundation (CDHF) features in the order book as a supporting partner of the CDHF and the following companies: J. Abbott, AstraZeneca Canada, Ferring, GlaxoSmithKline, Olympus Canada, Schering-Plough, DCI Pharma Canada, and UCB.

For all their impact, digestive disorders lurk at the margins of public discourse. Still considered anathema to "polite conversation," digestive complaints that should be discussed with a doctor often remain unvoiced. Fearing embarrassment and discomfort, many people suffer in silence and blame themselves for their digestive ailments, and shy away from potentially life-saving diagnoses, such as colonoscopy and treatments.

To add insult to injury, insurance providers – and even some people in the medical community – may fail to take some digestive disorders seriously. Pain and discomfort, the need to stay close to a bathroom for fear of having “accidents,” hamper many people’s ability to work and socialize.

With digestive disorders increasing in the developed world, we need to search for root causes embedded in our way of living. One place to look is on the grocery-store shelves. Could it be that the rapid changes in dietary habits spearheaded by the industrial revolution may play a role in our current burden of digestive disease? It seems likely that Canada has one of the highest rates of inflammatory bowel disease. In all likelihood, genetic vulnerability and harmful environmental forces have conspired to raise the prevalence of this serious condition.

The environmental hypothesis finds support in the ongoing study of the "friendly bacteria" colonizing our intestinal tract. Ten times more numerous than all the cells in our body, these microflora have

Myths and realities about digestive disease

MYTH: Spicy foods and stress cause stomach ulcers

REALITY: Almost all stomach ulcers are caused either by infection with a bacterium called *Helicobacter pylori* or by the continued use of certain medications, particularly anti-inflammatory drugs.

MYTH: Bowel regularity means one bowel movement every day
REALITY: The normal frequency of bowel movements varies from three per day to three per week; some healthy people excrete

MYTH: Irritable bowel syndrome is 'all in the head'

REALITY: Irritable bowel syndrome is a functional disorder that causes very real abdominal pain and discomfort, though it doesn't damage the digestive tract.

MYTH: Calves disease is a rare childhood disease.

RESULTS: Celiac disease, an allergic reaction to ingested gluten, may develop in childhood or adulthood. Because symptoms overlap with those of so many other conditions, it often goes undiagnosed or misdiagnosed for years.

MYTH: Ostomy surgery/barge-pull creation of an orifice to discharge waste sounds like the death knell for sex and reproduction
REALITY: In general, ostomy surgery does not interfere with sexual or reproductive capabilities

Source of information: Institute of Statistics and Economics and Policy Studies

involved in tandem with our digestive tract. They interact with our immune system in a complicated dance that involves our brain and other organs. Untroubled for five million years, they're now being perturbed by the changes we've imposed on our diet and environment in the past 150 years. Many of the so-called diseases of modern society, including some digestive diseases, are thought to reflect this perturbation.

The gut also "talks" constantly to the brain, using specialized neural pathways and hormones as agents of communication. Some evidence suggests that the brain "knows" about the arrival of certain bacteria in the gut within less than an hour. Researchers are now testing the idea that some of these bacteria may even influence mood. The converse may also hold true: there's evidence that depressed mice become more vulnerable to inflammation in the bowel.

All of which is to say that the gastrointestinal system cannot be viewed in isolation. It functions both as a transmitter of information from the outside world and receiver of signals from other parts of our body. A tarring the natural balance of microflora in our gut, through dietary excess or overly processed food, may be costing us our digestive health.

To understand and combat digestive disorders, we must have the ongoing dialogue that surrounds these diseases and the tools used to identify them. We must move beyond the arbitrary dividing line between physical and emotional health and view digestive disorders in the context of the whole person. We must keep hope alive as we seek out the best treatments available. Fortunately, current treatment options put good health and high quality of life within reach for the great majority of people with digestive disorders.

But first, we must give ourselves permission to start a conversation about digestive health, one that resonates across the country, so that we may overcome embarrassment, and advocate for our digestive health. This is the system that fuels our lives. We must respect and protect it – openly, honestly and with compassion.

DIGEST THIS

- You are not alone: about 60 per cent of our population—nearly 20 million Canadians—has some form of digestive dysfunction
- In terms of total economic burden, digestive disorders are the most prevalent chronic diseases, accounting for about 15% of \$1 billion of all direct health care costs and representing 12% of all hospitalizations
- The average loss of work days attributable to digestive illness is 12.4 days per year or about 18 million days annually
- Individually with gastrointestinal symptoms miss more time as missing days of work as their unaffected counterparts
- Only 56% of funds available for therapies research is for digestive diseases

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and the Tipperary Health Foundation.



No need to put up with it

There are some days you don't forget, no matter how long you live. For Shawn Roberts, 43, the first experience of digestive symptoms marks as one of these indelible days.

"It was shocking to me," says Robart, a lawyer practicing in Cayuga, ON. Twenty years old at the time, Robart remembers a "sharp burning pain rising from the middle of my chest area. It stopped me in my tracks." But then he got used to it. "I didn't even bring it up with my family doctor – I had the medical male attitude and thought I just had to suck it up."

After five years, Richter finally underwent a humane swallow endoscopy and learned it had a fatal tumor, a condition that is commonly linked to reflux. "I was told nothing could be done about it," he says. Richter's symptoms kept worsening, interfering more and more on his daily life. "A few times a month the pain was so bad it felt as though I'd just drunk acid," he recalls. Relentless concern about the impact of his next meal activated his sense of social freedom. With no alcohol or constant companions, physical activity also went by the wayside. The disease even affected his nights, with pain or choking after retirement on his sleep.

One day, while surfing the Internet, Radtke chanced on an article describing symptoms that matched his own. He went to a clinic, where a specialist told him about gastroesophageal reflux disease (GERD). "I thought, bingo, this is me," he says. An endoscopy clinched the diagnosis and also identified precancerous cells resulting from the chronic, reflux-related damage to Radtke's esophagus. "That's when I realized my condition wasn't something to play around with," he says.

At his doctor's suggestion, Richards enrolled in a six-week study comparing an undisclosed drug to a placebo in patients with GERD. "Everything changed," he says simply. "It reminded me of when I put glasses on for the first time as a kid." When Richards learned he had been taking a proton pump inhibitor (PPI), he lost no time in getting and filling a prescription for the drug. Richards says he is now virtually symptom-free, and his esophagus healed.

With a recent truckload under his belt, Richards says he has regained his sense of control over his life. "I can relax during the day because I know I'll sleep well." Calling his treatment "life-changing," Richards urges other people with reflux symptoms to address care for their own health. "There are treatments to take away the pain and discomfort," he says. "There's no need to put up with it."

GASTROESOPHAGEAL REFLUX DISEASE

Gastroesophageal reflux disease (GERD) occurs as a result of stomach contents (including stomach acid) refluxing (moving in the opposite direction) from the stomach to the esophagus.

Prevalence

GERD is a chronic condition affecting more than 4 million Canadians.

Signs and symptoms

Most patients with GERD suffer from heartburn, which people sometimes describe as indigestion, and acid reflux. In about half of patients, the acid in the esophagus damages the esophageal lining. Five to 10 percent of individuals with GERD develop Barrett's esophagus, a precancerous condition that progresses to cancer in a minority of cases.

Vomiting, bleeding, unintended weight loss or difficulty swallowing call for medical attention and an endoscopy to view the upper digestive tract.

Discussion

A physician can usually diagnose GERD if the patient finds short-term relief from persistent heartburn and regurgitation after taking antacids or other acid-reducing medications for short periods. Symptom improvement with a short trial of a proton pump inhibitor (PPI) is the best test to confirm GERD. PPIs are prescription products that prevent acid from being produced by the stomach.

Treatment and return to health

For mild or infrequent symptoms, isentress over the course of medications (antacids, H₂ receptor antagonists) can be very helpful. More frequent or severe symptoms may warrant long-term treatment with a PPI.

Medications for GERD

- Antacids including Alka Seltzer, Gaviscon, Maalox, Mylanta, Rolaids, Tums
- H₂-receptor antagonists including cimetidine (Tagamet), famotidine (Pepcid), nizatidine (Axid), ranitidine (Zantac)
- Potassium pump inhibitors (PPIs) including esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Losec), pantoprazole (Pantoloc), rabeprazole (Pariet)

Scoring points against ulcerative colitis

Scoutman Oiler Fernando Pizarri wasn't too concerned when, a few weeks after finishing blood in his stool, a doctor diagnosed him with ulcerative colitis. "I didn't give it much thought because my symptoms were idiopathic," says the hockey player, 34. "Looking back, I was pretty naïve."

In July 2007, Pizarri's symptoms took a sharp turn for the worse. Unable to keep any food or fluid down, he ended up in dirty trips to the bathroom every day, suffering dehydration and severe cramping. In his bag, he wrote: "I knew something was wrong with me, but I was kind of embarrassed to see anybody about it." Why embarrassed?

"It's not one of the most glamorous conditions to have," he says modestly.

A gastroenterologist speculated that Pizarri, an professional, along with nutritionist to achieve the pain. Neither provided much relief. His doctor advised surgery to remove his colon, but Pizarri didn't want to go there. "Nobody had ever told me playing hockey with a [colorectal] bag on, and I found it would not be correct," he says. "I also felt I was too young for such a radical procedure."

Realizing his error and life depended on finding effective treatment, Pizarri sought a second opinion. By this time he felt "demoralized physically and mentally. As soon as food or drink would hit my lips I was running to the bathroom. It got to the point that I didn't want to eat any more." A loss of forty pounds bore witness to that sentiment.

The new specialist put Pizarri on a "biologics" drug that slows the

inflammation process. The results were dramatic. "After about five days I noticed a change in my appetite," he recalls. "I was able to hold down my food and drink. I started to feel more energetic and get my natural back."

Pizarri still hadn't left the woods, though. "I had to rebuild my strength from about zero," he says. Accompanied to beach pressing 230 pounds before his illness, he had to learn to lift a 45-pound bar – and then collapsing with exhaustion. After missing 26 games, Pizarri stepped back on the ice in December 2007. "I'll never forget how my fans cheered when I first played on home ice. I felt they were right with me."

The biologic medication he receives every 8 weeks continues to do the job for Pizarri. "I have no symptoms or side-effects and can eat whatever I want," he says. When he gets through his experience with his amazing intake, Pizarri figures, is that "I never lost hope and my doctor had a game plan. With this disease, a combination of a good doctor and the right treatment can make wonders."

INFLAMMATORY BOWEL DISEASE

Inflammatory Bowel Disease (IBD) is the umbrella term for a group of disorders that involve inflammation of the intestine, notably ulcerative colitis and Crohn's disease.

Prevalence

IBD affects over 200,000 Canadians. However the condition can strike at any age, it runs most often in the twenties and tends to run in families.

Signs and symptoms

Ulcerative colitis affects only the large intestine and causes symptoms such as bloody diarrhea, urgency to go to the bathroom, and abdominal cramping. Crohn's disease can affect any part of the intestine – from "ignorance to burn" – and may lead to diarrhea, abdominal pain, cramping, and weight loss. Some cases may also involve joint pains, mouth ulcers, and/or eye or skin problems.

Feverish or high fevers, intense abdominal pain, and/or profuse bloody diarrhea are symptoms that require immediate medical attention.

Diagnosis

Inflammatory bowel disease is generally diagnosed based on a combination of history, symptoms, stool and blood tests, and imaging tests such as colonoscopy, small bowel series or a CT scan of the abdomen.

Treatment and return to health

The first goal of treatment for IBD patients is to reduce inflammation to restore bowel function, the second to prevent recurrent symptoms. Several classes of drugs are commonly used in this surgery. They remove the colon is an option for the most serious cases of ulcerative colitis. Today's treatments allow many patients to return to a normal, unmedicated life.

Medications for inflammatory bowel disease

- Mesalamine (Asacol, Apriso, Measol, Movicol, Pevonia, Solobid)
- Corticosteroids (Budesonide, Prednisone)
- Biologic agents (Infliximab, Remicade, Cytel)

In maintenance stage:

- anti-inflammatories (5-AM) azathioprine (Imuran), cyclosporin and/or biologics

*Not all approved by Health Canada for each Country

Small sacrifice, big gains

Marco Legel would rather be talking with his colleagues at work or going on a Sunday drive than worrying about his digestive health. But when Legel, 23, began to experience gas, bloating, rumbling, general discomfort in his stomach – and worst of all, extreme fatigue – he had to put his high-tech passion aside and find out what was wrong. He underwent a barrage of tests, which all came back negative. "At one point, my doctor thought I might have cystic fibrosis, which really scared me," he said.

Finally, two full years after his first symptoms, a gastroenterologist diagnosed Legel

with celiac disease. This actually put him ahead of the curve, as many cases of patients wait several years longer before getting a diagnosis. During the waiting period, "I missed a lot of school," says Legel. Even when he was able to drag himself to class, "I had a hard time paying attention." He'd up at home most evenings, the gorgeous Legel school for his formerly active social life.

Once diagnosed, Legel was informed about gluten and the foods he needed to avoid. The long list excluded all prepared foods, which "pretty much ruled out eating out," he says. "I had to learn to cook again." The discovery of a grocery store that stocked gluten-free items and had helped ease his through the transition.

"When my stomach started and my fatigue lifted, I realized that these small sacrifices were definitely worthwhile," he says in the two years since receiving his diagnosis, "I've never gone off the wagon." He's finally taken the job market by preparing foods he can eat. "My cousin has a gluten-free friend." He's even found a way to "eat out" again. "I eat something before going out, and while my friends are eating I just sit a drink," he says.

Now symptom-free, Legel says that "life is good. I love my job and want to move up in the company."

His parting words of advice to other people who suspect they might have celiac disease: "Keep a log of symptoms and foods eaten, and don't be afraid to talk to people about your dietary needs if you do end up having the disease. Most people are very supportive and understanding."



For the vast majority of patients, symptoms and intestinal damage stop remarkably improvement with the elimination of gluten-containing foods (e.g., wheat, rye, barley) from the diet.

Celiac disease-friendly foods*

- Potatoes, rice and corn
- Grain products made without gluten
- All grains (wheat, barley, rye) and their products and vegetables
- Milk, yogurt and cheeses aged cheeses
- Fresh meats, poultry, fish and shellfish
- Soy protein meal, soybean oil, dried peas and lentils, oats

*Always consult your doctor about removal of foods from diet, which should be based on individualized medical advice.

CELIAC DISEASE

Celiac disease occurs from a specific negative interaction between gluten – a protein that gives grain-containing foods their elasticity – and the immune system, leading to small-intestine damage and bothersome symptoms.

Prevalence

Present in up to 1 per cent of the North American population, celiac disease is greatly underdiagnosed. Having an affected first-degree relative raises the odds of having celiac disease by as much as ten fold.

Signs and symptoms

Typical symptoms include diarrhea, bloating, abdominal pain and weight loss. The nutritional deficiencies associated with celiac disease can lead to anemia and osteoporosis. In early childhood, growth failure after the introduction of dietary grain is recognized as a classical symptom of the majority of health practitioners.

If symptoms persist or recur after the introduction of a gluten free diet, medical attention is required.

Diagnosis

A sample widely available blood test called anti-tissue transglutaminase can highly suggest or rule out the diagnosis of celiac disease. Confirmation with an endoscopic biopsy is generally recommended. In recent years, the delay between symptoms onset and diagnosis has been reduced from nine to four years.

Treatment and return to health

For the vast majority of patients, symptoms and intestinal damage show remarkable improvement with the elimination of gluten-containing foods (e.g., wheat, rye, barley) from the diet. Immune-suppressing drugs such as prednisone or azathioprine are occasionally used in difficult cases.



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PHOTO: COURTESY OF FERNANDO PIZARRI

Dr. Steven Branger, Gastroenterology, University of British Columbia, Vancouver, BC; Dr. John Branger, Gastroenterology, Mount Sinai Hospital, Toronto, ON; Dr. David J. Hecht, Gastroenterology, Mount Sinai Hospital, Toronto, ON; Dr. David J. Hecht, Gastroenterology, Mount Sinai Hospital, Toronto, ON; Dr. David J. Hecht, Gastroenterology, Mount Sinai Hospital, Toronto, ON.

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Piecing the puzzle together

When a host of diarrhea and stomach pains assailed Madeline Auger (a pseudonym) ten years ago, she thought it all an indigestion. It was only when the symptoms continued for six months, worsening and worsening unpredictably, that Auger, 33, grew concerned. "The doctor told me I had a bad stomach," says Auger, who lives with her partner and baby daughter in St. Georges de Beausé, Québec. "I thought, 'what's a bad stomach?'" A barium exam, blood tests, and endoscopy followed, yielding no information about what might be wrong.

Meanwhile, the stomach pains and diarrhea persisted. "Everybody had an opinion about it," she recalls. A stress? I have someone who had the same thing and then stopped eating? I was fine. My aunt started taking supplements? and her symptoms disappeared. Auger's doctor sent her for more testing, once again coming up empty-handed.

Finally she got a diagnosis that made sense. "I was told I had Irritable Bowel Syndrome, IBS, but my bowel wasn't working properly, and that stress could make it worse," she says. Advised to modify her eating habits, she set out to add fiber-rich foods to her diet and avoid diet-inducing foods such as cabbage or beans. Though she put in a full day's work as the director of an assisted-living facility, she made time to let the gym, take walks, and play golf to keep her stress levels in check. All this added up to a noticeable improvement in symptoms, with flares subsiding to a day or two per month.

Pregnancy threw a monkey wrench into Auger's routine, and stress came back with a vengeance when she learned that her infant daughter would eventually require cardiac surgery. A bad relapse sent her back to a gastroenterologist's office for advice on "how to live better with IBS." He suggested probiotics and a lower endoscopy, options Auger refused to explore in the near future.

For the time being, she says "things are going well. Every since it's a while I have a relapse that lasts three or four days, but most of the time I feel fine." On the advice of a naturopath, she cut out foods that she felt were triggering her symptoms to reduce the severity of her symptoms. A healthy diet keeps her regular.

With the benefit of hindsight, Auger urges other IBS patients to "rely on professionals but also on your own instincts. Be sensitive to your own body, choose foods you tolerate well, and try not to put too much—either food and stress—on your plate."

Symptoms may improve with a healthy diet, including dietary fibre, and stress management.



• Robin Polak, Gastroenterologist, University Health Network, Toronto, ON • Dawn Fort, Gastroenterologist, CHUQ Hospital de St. Sacrement, Québec City, QC

IRRITABLE BOWEL SYNDROME

Irritable bowel syndrome (IBS) is an intestinal disorder that causes abdominal pain and discomfort. It can cause significant psychological distress and leave patients unable to fully participate in school, work and social life.

Prevalence

IBS affects 10 to 20 per cent of the North American population and about twice as many women as men.

Signs and symptoms

People with IBS may experience abdominal pain, bloating (distension) with constipation, diarrhea or alternating constipation and diarrhea. These symptoms may improve with defecation. Indigestion and heartburn may also occur.

Unintentional weight loss, rectal bleeding, fever and the onset of symptoms after age 50 may signal that another disease coexists with IBS.

Diagnosis

The cause of IBS is not known and diagnosis is based on symptoms. If other gastrointestinal conditions have been ruled out, the abdominal discomfort has been present for a long time and symptoms improve with defecation, IBS is the likely culprit. If the diagnosis is in question, laboratory testing and colonoscopy may be required.

Treatment and return to health

As IBS does not progress to more serious conditions, reassurance goes a long way toward alleviating patients' distress. Symptoms may improve with a healthy diet, including dietary fibre and stress management. Drugs may alleviate specific symptoms such as abdominal pain, constipation and diarrhea.

Medications for Irritable bowel syndrome

- Fibers and osmotic laxatives for constipation
- Loperamide for diarrhea
- Antispasmodics and low-dose tricyclic antidepressants for abdominal pain

Committed to colonoscopy

With both his parents having succumbed to colorectal cancer (CRC), Richard Grymek knows that genes aren't on his side. Still, when he censored a bit of blood in his stool two years ago, he awarded his household more simply acting up. His annual scheduled colonoscopy proved him wrong, revealing a large polyp close to his anus. A surgeon looked over the images and said, "I'm going to open you up like a book," recalls the Edmonton resident, 62.

Concerned about this serious disease, Grymek sought a second opinion and was told the polyp could probably be removed piecemeal by glue. "He took it out in twenty different samples, then cauterized the area," says Grymek. The removed tissue was biopsied, and Grymek got the good news he had hoped for: no cancer in the polyp. "The doctor told me it could have turned cancerous in another six to eight months," he says. "In hindsight, it should have taken seven as soon as I noticed the blood in my stool."

Six months after the removal of the polyp, a sigmoidoscopy—a visual examination of the lower third of the colon with a tubular instrument called a sigmoidoscope—gave Grymek a clean bill of health. But a more recent sigmoidoscopy identified "a lot of a growth," says Grymek, currently awaiting biopsy results. He keeps anxiety at bay by reminding himself that "I'm in good medical hands."

Now committed to a diet rich in greens and vegetables and a daily regimen of aerobic and strength training, Grymek traded his high-stress position at a consulting company for a career of "teaching and varied jobs." Someone would make me to help them do it, I would do it, then move on to the next thing."

KNOW YOUR RISK

The following factors increase the risk of developing CRC:

- Age (50 or over)
- Family history of CRC
- Prior diagnosis of polyps or early-stage CRC
- Inflammatory bowel disease (ulcerative colitis or Crohn's disease)

If you are at high risk, talk to your doctor about screening and prevention. Information from *Colorectal Cancer Screening Initiative* (prevention) is available at www.colorectal.ca.



COLORECTAL CANCER

A mix of genetic and environmental factors can cause cells in the lining of the bowel to turn cancerous. A collection of abnormal cells called a polyp is often the first step in this transformation.

Prevalence

In 2008, an estimated 21,500 Canadians will be diagnosed with colorectal cancer (CRC) and about 8,000 will lose their lives to the disease, making CRC the second-leading cause of cancer deaths in Canada.

Signs and symptoms

While polyps and early CRCs may bleed, symptoms of CRC don't usually become apparent until the disease has reached a more advanced stage.

CRC in its earliest stages produces little or no symptoms. However, a change in bowel habits, unexplained rectal bleeding, abdominal pain, an abdominal mass, and/or unexplained iron-deficiency anemia may be caused by a variety of conditions and warrant medical attention.

Screening/diagnosis, treatment and return to health

Early colorectal cancer is more than 90 per cent curable with endoscopic removal or surgery. Proven treatments through regular screening—essential in catching a cancer early—remains a greatly undervalued strategy, with fewer than 20 per cent of a eligible Canadians making use of it. Everyone 50 or over should get screened, even in the absence of any symptoms.

For people without a family history of colon cancer, screening can be performed in several ways including a test for hidden blood in the stool (FOBT), or colonoscopy. Patients with a positive FOBT require colonoscopy to detect, biopsy or remove any potential polyps or cancers.

Everyone 50 or over should get screened, even in the absence of any symptoms.

• Dan Spitzer, Gastroenterologist, Associate Professor, University of Calgary, Calgary, AB • Cameron Wang, Gastroenterologist, Associate Professor, University of Alberta, Edmonton, AB

Finding her way back

Adolescent girls should be worrying about friends, social events, and what to wear to the next party – not *ulcerative colitis*. But when Ruby Black of Ashburn, N.S., was diagnosed with the disease at the end of Grade 6, she had no energy left for teenage angst. The following year, intense stomach pains kept Ruby out of school for long stretches at a time. “One minute I’d be fine, then I’d eat something and feel awful,” recalls the teen, now 16. “I had to go to the bathroom almost every hour I ate and was always afraid of having an accident.” On the days she made it to school, “I often had to spend a long time in the bathroom, and kids sometimes made fun of me.”



Doctors are now looking at conducting clinical trials using specific probiotics, in larger quantities than those found in foods, to treat diseases such as irritable bowel syndrome, Crohn's disease, ulcerative colitis, and some forms of diarrhea.

down even easier, she finally settled on stirring it into water or yogurt.

To participate in the study, Ruby had to keep a diary of everything she ate, when she went to the bathroom, and what came out. Describing his daughter as sensitive and shy, Bill says “it was especially hard for her when study investigators asked her questions about bowel movements or female development.” But something was definitely happening: she was gaining weight, feeling better, and spending less and less time in the bathroom.

All told, Ruby did so well in the study that she decided to continue taking the probiotics after the study ended. “I now take just one package a day,” she says, “and my bathroom habits are back to normal.”

When he looks at pictures of Ruby from two years ago, Bill says he sees “a very skinny girl with swollen eyes.” He can hardly believe how far she’s come since that time. “She takes the school bus and travels with her friends,” he says. “She’s no longer afraid to leave home. Part of that is just growing up, but a big part, I believe, is that the probiotics have helped her get better.”

Richard Petroski, President, Canadian Digestive Health Foundation Professor, Gastroenterology, University of Alberta, Edmonton, AB

PROBIOTICS AND DIGESTIVE DISORDERS

Probiotics are living microscopic organisms (microorganisms) that research has found beneficial to health. Most often bacteria – some of them similar or identical to the “friendly bacteria” in your body, particularly in the gut – they may also be other organisms such as yeasts. The most common probiotic bacteria come from two groups, *Lactobacillus* and *Bifidobacterium*.

After a long period of stagnation, scientific interest in probiotics has exploded in the past couple of decades. The probiotics in some foods (yogurt and cheeses, for example) help sustain good health. Doctors are now looking at using specific probiotics to treat diseases such as irritable bowel syndrome, Crohn's disease, ulcerative colitis, and some forms of diarrhea. Indeed, research has shown that probiotics can reduce, not only the risk of getting diarrhea after antibiotics, but also duration. Even non-symptomatic healthy people may benefit from the health effects of probiotics.

Current emphasis

Considered food rather than drugs, probiotics were subject to the same regulations that govern prescription medications. Therefore, foods or supplements that only temporarily contain live or active bacteria qualify as probiotics. Anyone considering a specific probiotic should read up on it, discuss it with a doctor and obtain the probiotic from a reputable source. Because there are different levels of probiotics, it is important to use the right probiotic for specific health benefits.

Probiotics with support from randomized clinical trials

- Acute¹ for irregularity and control of stool and transit time
- *Foracort*² for diarrhea caused by antibiotics and Clostridia difficile
- *Tuflor*³ for irritable bowel syndrome
- *VSL#3*⁴ for “pouchitis” (inflammation of the internal pouch in patients who have part of the colon removed) and ulcerative colitis

Weight, nutrition and digestive health



Embarrassing in school-yard myths, it doesn't take seven years to digest chewing gum. But there's nothing mythical about the relationship between nutrition and digestive health. In fact, about two-thirds of people report that specific foods trigger their digestive problems.

Experts agree that a healthy digestive system begins with good nutrition, which means both healthy amounts and types of food. Obesity, defined as a body mass index (BMI)⁵ of 30 or over, causes the odds of developing a host of digestive diseases from reflux to irritable bowel syndrome and even colon cancer. But fat build-up in the liver, found in 60 to 70 per cent of obese individuals, can progress to liver cell injury in some cases.

Excessive or unexplained weight loss can also signal a digestive problem such as celiac disease, IBD or cancer. An unexplained loss of more than 5 to 10 percent of total body weight warrants medical evaluation.

¹ Ashkenazi, et al., *Gastroenterology*, University of Toronto, Toronto, ON
² Laidlaw, *Gastroenterology*, Associate Professor of Medicine, University of Alberta, Edmonton, AB

The following tips from Health Canada can help you get on a sound nutritional path:

- Follow Canada's Food Guide to reduce risk of chronic illnesses (www.healthcanada.ca)
- Get regular physical activity that fits easily into your routine
- Moderate the amount of food that you eat, watch portion sizes
- Avoid high-calorie and high-fat foods and beverages
- Use nutrition labels to make informed choices
- Ask your health professional for an assessment of your weight and health risks
- Avoid fat diets

Health risk according to BMI (kg/m²)

Classification	BMI range	Risk of developing health problems
Underweight	< 18.5	Increased
Normal weight	18.5 – 24.9	Least
Overweight	25.0 – 29.9	Increased
Obese class I	30.0 – 34.9	High
Obese class II	35.0 – 39.9	Very High
Obese class III	≥ 40.0	Extremely High

⁵ Body Mass Index calculated:

$$BMI = \frac{\text{weight in kilograms} \times 723}{\text{height in metres} \times \text{height in metres}}$$

$$BMI = \frac{\text{weight in pounds} \times 703}{\text{height in inches} \times \text{height in inches}}$$

Improving the digestive health of Canadians drives the activities of the CDHF. Each day we strive to:

Reduce the incidence of digestive disease

Improve the quality of life for people living with digestive disease

Support people suffering from digestive diseases and the professionals who care for them

Enhance Canadian digestive health research and education

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RINK RATS ON TRIAL

Sex, hockey and a search for justice in small-town Ontario

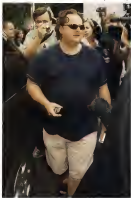
BY CHARLIE GRACE It was a revealing picture of life in junior hockey 16 years old boys holden away in a small town, having group sex with local teenage girls while the boys' 20-year-old coach allegedly threatened to play them out of the town's minor league hockey team if they didn't comply. The undisputed fact: a rape victim's testimony about the prevailing culture in Canada's smallest town, where the boys' 20-year-old coach was a coach for an elite hockey team in the hockey world, the town's "Hockey King," truly, truly would.

The trial of David Frost has brought hockey's reputation to a new low, all right. Last week, witness after witness took the stand to describe sex as such an intimate experience in an otherwise small town—a place where group sex, premarital and polyamorous relationships were commonplace. One witness, who was 16 when the saga began in the late 1990s, testified how between 25 and 30 episodes of group sex involving the players and Frost during their time in Deseronto, Ont., where Frost was coaching the Junior-A Queens Hawks. Two former players denied the coach was involved, yet provided their own hard-core accounts of sexual encounters and fondles with girls they said occurred even after the players moved on from the town's minor league team. One admitted to a three-way encounter involving his younger brother, lightly noting he wanted the girl involved to break his brother's virginity. "It was something we kind of agreed upon," he bragged.

For Frost, the revelations may actually be good news. The former NHL agent faces four counts of sexually exploiting two players on the sex racket. But the current case hangs on Criminal Code provisions governing the behaviour of players in positions of trust over minors—along with the prosecution's theory that Frost controlled his players' lives to the minutest detail. If both the players and the girls accepted debauchery as routine practice in the backyard world, the defence has reasoned, then Frost's alleged role in mind controlling rape is a minor matter. Each of the girls who testified at this trial acknowledged meeting up with the players for sexual types that had nothing to do

with Frost, while the two alleged victims actually testified for the defence, appearing almost proud of their libertine ways.

It's enough to make you wonder whether the entire source had a point, given that Frost now appears solely out of the picture. At 41, with a shagging grey beard and messy hair, he remains head in the clouds and signs of Mike Thomson, a former St. Louis Blues for



PERSONA NON GRATA Now out of the game, Frost had a relationship with his former players that was full of sex and lies.

ward and Queens Park who's currently serving 7½ years in a federal prison in Minnesota for trying to have Frost murdered. Frost has denied that Deseronto was his life, but neither has fully explained what happened between them.

The fear now is that Canadians will look

upon the testimony of the past two weeks as a verdict in that on Nov. 28—as a verdict of life in the junior game, says Bill Hooper, the commissioner of the Ontario Junior Hockey League. "Hockey doesn't condone this stuff," he says. "It's not a normal part of any hockey I've been involved with in my 18 years as an administrator or a coach." The OJHL, for example, requires all coaches to attend mental health on how to deal with youth players, and encourages them from "teaching up players" in words or even all boys, says Hooper. The Hawks, he notes, played in an upstart league operating outside of the

Ontario Hockey Association, and were thus unregulated by such safeguards.

On the other hand, the trial has highlighted how far out of control the relationship between Frost and his former players had gotten, which may reinforce hopes that the whole scene was aberrant. For those still playing for Frost, the boys lived with him; they roomed with him; they travelled with him; they cooked his meals in frequent disputes with their parents (one player didn't speak to his family for two years). But a humanist interpretation of hockey culture, their connection to the team was weak.

Knowing this can only help the cause of preventing such situations in the future, notes one prominent legal expert, and just because someone is found not guilty doesn't mean the case shouldn't have been tried. "No prosecutor can predict how things will go at trial, because this is a human culture," says Donald Stewart, a law professor at Queen's University in Kingston, Ont. "People do bad. People do great. People from what I know of this case, I can't fault anyone for bringing a prosecution to it, and for bringing publicity to a somewhat universally apathetic of hockey." ■



CONFESSOR DENIES BOTH GOD AND ELVIS

Japheth Rodriguez, a former New York City in defiance of his wife's lawsuit against her, the former Catholic priest who began an affair with her, saying her presence was like a "thunderbolt" and that their relationship had been "ordained by God." She ended the affair after Rodriguez claimed a high priest from another "ordained" relationship. She's suing for \$250,000.

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GOD'S GREATEST HITS



Three Irish priests who won't leave their parish for more than three days at a time are the newest pop idols BY ANNE KINGSTON

music

Leonard, North American journalists covered at the midweek Manhattan supper club Providence for the first glimpse of Sony BMG's next hot breakthrough, the Priests. We're not talking heavy-metal Jesus Priest superstars here: The Priests are three actual practicing priests from the Diocese and Coadjutor Diocese in North Carolina.

Radio producers, magazine editors and bookers from The View and Live with Regis and Kelly nibbled nibs and ears burping swarms of the credentialed croons are who've been singing together for three decades. Euro had been building since April when the trio signed what was hoped in the press as a \$1.6-million recording contract on the steps of London's Westminster Cathedral. The publicity machine is now in full throttle on the eve of the mid-November release of their first CD, *The Priests*, named for Christ, not sales.

Nick Raphael, managing director of the Sony BMG award tips label in the U.K., odds to the small stage to introduce them. "This isn't a religious project but one of passion," he tells the crowd. "These guys are singing some of the greatest pop songs of all time."

That he's talking Passion with a capital "P" becomes evident with the arrival of Father Eugene O'Hagan, 45, his younger brother Father Martin O'Hagan, 45, and Father David Delaney, 45, of. Qualified in ritual black robes, punctuated with the flesh of white clerical collars, they perform a rare

glimpse from the CD—baptized themselves such as Schubert's Ave Maria, Gustav Frick's Ave Maria and Andrew Lloyd Webber's Prayer. On stage, they're serious: when one takes the lead, the other two give beautiful ally into the near distance. Their harmonizing is flawless, the delivery excellent. The crowd, a group asked by the casual guesser just good, is in church. Following the finale, a traditional Irish blessing, everyone keeps up, some even of "hallelujahs."

The arrival of three middle-aged priests in pop music definitely upgrades a culture on need of some sort of salvation. Or maybe they're simply a much-needed correction in a music world where, says G. Kelly had boy antics and Amy Winehouse meltdowns. Raphael says the Priests will chart untapped territory. He first heard them while selecting demo tapes for producer Mike Hodgins, famed for his work with the Cure, U2 and Dads. Hodgins, an Irish Catholic, had told Raphael it had been a lifetime dream to record a Latin mass. The priests were precluded to learn a tape by Van Morrison's drummer, Liam Eganley, with whom they had performed. Raphael says he thought at least one was being pushed. "I was sure it was the Three Tenors."

Hope is high that the O'Hagan brothers, both tenors, and Delaney, who sings bass and harmonies, will join a long tradition of holy harmonies, including Belgian nun Jeanette Deckert, who became famous in the 1960s as the singing Nun, the Benedictine Monks of Santa Domingo de Silos, who've sold millions of copies of their German hymns, and Celine Dion, the 45-year-old Franciscan

nun inspired by Mendes and Megadeth. More recently, an opponent for liturgical tunes is reflected in the popularity of the Simon Cowell discovery Ruffalo, whose debut album in 2006 sold more than 350,000 copies.

PH, which is selling *The Priests* in concert at Armagh Cathedral later this month, is among the arm faithful. A PH producer in the crowd at Providence says the Priests are a natural fit for the church's older audience, a demographic more likely to buy a CD than to download it. "Do you know how many Catholics there are in the U.S.?" he asks. "That number is even higher internationally, somewhere around 1.1 billion. Raphael says it's like to be targeting the classical listener who buys El Divo. Catholics, particularly Irish Catholics, are another marketing focus."

Part of the Priests' appeal is their backstory, one they tell offstage at Sony's New York headquarters the morning after their performance. Their on-stage celebration status is clearly between them. As Father David Delaney steps off the elevator onto the 14th floor, he checks out stage photographs of the label's liturgists, among them U2's, Chris Brown and T-Pain. "Hm, our image is very solid," he jokes. "What we need is some bling."

They're as synchronized in conversation as in song, talking far what must be the hundredth time the tale of how they met and began singing in the early 1970s at St. Mar-



ROCK WITH A KEEPER 63-year-old Providence monk Coadjutor Bishop, inspired by Madonna

nam's College in Baltimore. They'd been sent there to board by parents concerned they'd get caught up in the Troubles. The O'Hagans grew up singing show tunes, the first music they sang together was from *The Sound of Music*, says Father Eugene, the most favored of the brothers. He recalls a performance at home of Lull's *From a Stranger's World* as a duet, choreography, the white



Prince Charles, famous for his 'lunatic fringe' interests and unorthodox views, turns 60

When questioned about his public image, the prince himself seems a little bemused. In an interview with the *Sunday Times* in 1989,

modern medicine's obsession with pills and medicines at the expense of "natural" or holistic medicine. Life has been a great promoter of alternative health, which has not become increasingly mainstream, but rather also cheapened "quick" cures that have proven suboptimal or even dangerous. His own epilepsy is one of the treatments Penner Charles believes should be integrated with regular medicine, although a major review for the medical journal *The Lancet* indicated that this therapy works no better than a placebo. The treatment is based on the idea that "like cures like," so that if you give the patient small amounts of sodium, the body will boost its healing powers to tackle the disease. However, according to Graydon University School of Medicine in Omaha, Neb., this course was identified and utilized as



This issue has become particularly apparent with regards to his faith. A practicing Anglican and the far-right head of the Anglican



Mrs. Brenda Brinkman
 Bravely Brinksmother
 man 62, after the
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 sweating. "I love C
 content. "But some
 man hasn't lived b
 the show, Mrs. Br

Prince Charles has been unable to avoid the same basic problem that has troubled his ancestors: how to find a way to live in a world that is not his own. He is one of a select few who can exploit nature in "anthropomorphic" ways and yet be better: "water," says Jonathan Dwyer in *The Prince of Wales: That may change, says Key 10's* one thing to have as a meditation on the prince, but in an interlocking mosaic would pose an emotional challenge. Remembering government ministers with aid on could put them in a difficult position, he says. A statement about nothing to trust or the importance of studying things could gain public release not just from the media in Britain, but the press world-wide. The "poetry" of the prince could then be seen as representing the thought of the nation, and all become sacred space to the outside world that he says, Bennett says, "that you've got to wonder what will be the last of his life."

Shady's dance-mother Florence Henderson, 74, best on *Circle* Leachman 82, after the increasingly daft Leachman spent weeks hoisting on dancing with the show, spending the three napping and avoiding. "I love Cloie," says Henderson, who is a devotee of the contest. "But sometimes she acts like she's not all there." Leachman hasn't danced like yet, but given her lack of real vocabulary in the show, Mrs. Shady had better prepare to plug her ears.



TELL US COMPELLE: "When you're the prime dude of the peribush, you want something more. Because of a woman, I got hooked."

Hot damn, Van Damme can act!

The Muscles from Brussels subverts his image and bares his soul in the remarkable 'JCVD'

BY BRIAN D. JOHNSON • Given today can come from the most unlikely places. A year ago, few could have predicted that an action hero like Jean-Claude Van Damme would become an Oscar favorite by playing a hard-edged welder in *Rachel Getting Married*. Or that Kevin Spacey would be a contender by singing French and making himself look unapologetically dumb as an ex-con who killed her child in *I've Loved This So Long*. Or that the brutal Mickey Rourke would be tagged for a nomination as a boxer with a heart of gold in *The Wrestler*. Or that this cinematic actor behind the chiseled brow of international martial arts star Jean-Claude Van Damme, 41, is the Muscles from Brussels.

A fire on his back, a heart of passion and ballet dancer, Van Damme is famous for his punching opponents with acrobatic brutality, typically with a 50-degree flying kick to the head. Since his breakout role two decades ago in *Red Dawn*, he has fought his way through over 100 film-to-rod films. *Vigilante*, John Woo's *Die Hard*-inspired movie, is Taiwan, which grossed \$600 million worldwide. But he has never cracked Hollywood's A-list, and his work has often seemed like B-movie camp. One of his chiseled-guy action, in *Jackie Brown*, had him polishing off a female foe dressed as a Pittsburgh Penguins mascot by feeding her into an industrial dishwasher.

Clearly, the man's talents are legion, but acting has never reached high among them until *JCVD*. In this formula drama, Van Damme plays himself, as a celebrity who becomes the focus of a media frenzy when he gets caught up in a hostage-taking incident. Directed and co-written by French filmmaker Maelle Melzer, 31, *JCVD* is a meta movie, a multi-genre piece that works as a

intimate thriller, a sadistic satire, and a bit more character study—allowing Van Damme to subvert his image and bare his soul with enormous candor. As a surprise at the Toronto International Film Festival, it's one of the year's best films, and Van Damme's performance is a revelation.

Shooting in a gritty downtown style, El Mehtar tells the story of a violent boxer, switchback narrative that keeps the audience guessing. After waging a losing custody battle for his daughter in Los Angeles courtrooms, Van Damme returns to his hometown of Brussels, jet-lagged and disoriented. Filled up with his own, and proved at losing roles to Steven Seagal, he begs his agent to get him a Hollywood movie, which he would do for sale, rather than waste his time on another low-budget action picture shot in Bulgaria. So, being a guy of his celebrity lawyer with a wife transfer, Van Damme gets entangled in a robbery at a Brussels post office. And as a role of film and media coverage at the scene, he's assumed to be the culprit.

Van Damme performs two versions of himself in *JCVD*, with film in an extended scene that. The first is a more mature version scene that runs over the opening credits as he shoots, smokes, punches, kicks, pumps and built his way through a giant list of thugs armed with machine guns and three-thous-

and—the common pull back and we see him on set telling his cynical, ironic director that one of the stunts married. "It's very difficult for me to do everything in one shot," he says, grating with exhaustion. "I'm 47 years old." The other sequence shows Van Damme launch into a martial-arts sequence, a solo sequence about his life that is both mesmerizing and heartbreaking.

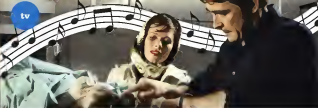
As the camera finds a world of pain in his rugged features, he talks about his childhood as a runaway who spent of being a Hollywood star. He talks about his many years (four), about the colony privileges he feels he's lost, and the scene about his life. "When you've got it," he says, "when you've been around the world, and been in all the hotels, when you're prima donna of the peribush, you want something more. And because of a woman, because of it, I met something I got hooked on Van Damme—the best, the type in the age, the Hollywood man—got hooked."

His confidence may appear much on the page, but it's truly moving, and even more powerful because it's a true story. At the time of his *JCVD* film, although *JCVD* was action movie, we keep waiting for it to turn into one for Van Damme to play himself. He met and used the world with his signature round house kick. It's a great idea. By the time it's paid off, he has already made the audience by beating his own image into the ground, and showing he deserves that Hollywood star.



WE'RE STALKING... MADONNA

Over 40 years old the girls still adore. The marriage bond with Guy Ritchie was barely cold last week when Madonna reportedly called to the Harpers for an after-school with her New York Times. In the Harpers, it's not just Madonna's sex life that's the subject of the article, but her new album, *Hard Candy*, is telling us what's been that meeting like in Madonna's life. She's still up with a piece of gold. Clearly, the image is gone.



THE SCORE of *Pushing Daisies* is such an important part of its appeal, the show will release a soundtrack CD of its music on Dec. 9

Pushing it with the Daisies score

Television shows used to use music sparingly. Good luck finding a silent moment now.

BY JAMIE A. WEINMAN • The people who watch *Pushing Daisies* probably go that it's a quiet moment on dry day: the stylized production design and the such narrative that it may. But in case we don't get it, the producers have an ace in the hole: music. Lots of it. Composer James Newell used to write this year for *Pushing Daisies*. In with the most haunting, romantic music on TV—and maybe the most music, period. Added to music were scenes where he didn't show me where those spots are: it doesn't really happen that often. "Music is such a huge part of *Pushing Daisies* that there will be a special track CD of *Pushing Daisies* themes and musical arrangements" (to be released Dec. 9). TV shows and music score sparingly, using it for action scenes or sentimental moments where we would notice it. But in today's TV, we don't only notice music because it's good, we notice it because it never stops.

Pushing Daisies isn't the only show that's succeeded in music, though it's the most extreme example. *Desperate Housewives* put out that "music has gone up on all the shows. In film and TV, there's more music than ever before to love." In modern network drama, music comes in to punctuate the mood of almost any kind of scene. Even shows that we're all peep songs, like *Grey's Anatomy*, have a large amount of original music. Duke Iron, the composer for *Brooklyn Nine-Nine*, says he's noticed that the show is in danger of being over-saturated, and the producers have noticed it. "I was talking to Sam Egan about how one of the episodes had too much music, and we should look at that in the future. So we started going away from it." It's not only how long shows that have increased their musical

content: reality shows also feature well-to-do music, and the *Survivor* season 10 took it to the next level, with a musical score to fill a pause between plays.

How did music go from special effect to a wall of background noise? For one thing, there's more music because they're trying to do more things at once. Since so many shows today are a mix of comedy and drama, they need music to tell us which is which, shows like *Brooklyn Nine-Nine*, *Pushing Daisies*, *Desperate Housewives* and *Wipeout* music for comedy scenes and serious music for the dramatic scenes. Shows and to cut through back to tell us when a scene was funny, now they're using music in the same way, to move through what most of a scene is going for. *Pushing Daisies* explains that its music on *Pushing Daisies* always has to "celebrate the fact that it's a special and different place," but even apart from that, the music has a huge number of functions. "It needs to keep the pace up, tell the story, underline the characters, and sometimes remind you so you don't know who the character is." When music has a lot to do, you need a lot of music.

TV composers may also be working extra hard because they have to do the jobs that the rest of the crew can't. Unlike feature films, TV episodes don't have a lot of time for editing, meaning that the cutting and sound

tracks can be perfect. Adding music helps cover up those flaws. And music lends a sense of rhythm and pace to a scene, whether or not the actors and director were able to create it in filming. In an era when TV shows are trying to tell increasingly complicated stories in even shorter running times, the composer's music has to fill in the gaps. Really says, "It's hard to convey emotions without music in some cases."

But while music can add a lot to a show, not using music can absolutely ruin it. Shows that use little or no musical scoring, like *The Office* or *The Wire*, can get more mileage out of realistic background noise or that old standby, silence. *Desperate Housewives* acknowledges that "sometimes silence is more effective than the use of music." Because there's too much music in modern television, it may be in danger of diluting the big moments. "When a scene of music comes in, it usually says something, that's why they call them cues," Neely says. "If it never goes out, I think it's hard for music to be effective."

But TV can't cut down too much on its music addiction, not when shows compete to get some hard-hitting power. The question is whether composers and producers can down pat a little bit. "That's what Ken and I were talking about," Neely says. "In the next episode, I've been less music because that way it has a chance of making more of an impact." If there's too much music, it can ruin some music. And nobody wants that. ■



ACCORDING TO TV: END OF THE U.S. CAMPAIGN
"It's not looking good for McCain to beat, today he went down to lose because I think he realized this could be his only chance to put together his own cabinet." —Jay Leno
"More Republicans endorsing Barack Obama. Scott Brown/Republicans have to support their own leader." —Stephen Colbert
"Sarah Palin didn't stop at low-end stores. She made it for the first time. She's not a politician." —David Letterman

WITH A LITTLE knowledge, most encounters can be defused, and soon enough you'll be pouring a stiff drink and sipping animal-control.

Did you bring the bear spray, dear?

Experts weigh in on how to avoid black bear attacks—and how best to survive one

BY CHRIS KELLEY • Don't keep food in your tent, and ideally, string it up a tree. Sing a jaunty tune as you walk. If attacked, play dead, and if that doesn't work, fight like hell. This is the sort of wisdom Canadian hikers, campers and canoe-trippers have received for generations on how to avoid or, if necessary, escape contact with bears. More recently, that knowledge without bear spray—a legally obtainable form of pepper spray—has proved the last. And King Pin can attest that sound bear management advice isn't just for outdoorers: In August, the 49-year-old Coquitlam, B.C., man was happily strolling in his garden when a 250-lb black bear jumped over a fence behind, tearing his scalp open in the name of 20 staples and barking like a dog. The animal was only dissuaded when a neighbour ran into it with his SUV.

Even in suburban environments spread farther and farther into black bear habitats, experts agree this sort of predatory behavior is exceedingly rare. University of Calgary professor Stephen Herrero, one of Canada's foremost experts on bear attacks, says all but "an infinitely small proportion" of black bear attacks occur in the backyards, not in backyards—and he estimates that on average, just one per year in all of North America is lethal. In places like Coquitlam, he says, most bears will act menacingly toward humans only if they feel threatened. And with a little foreknowledge and a lot of deep breaths, most encounters can be defused.

If the bear is just mauling its own banana, Herrero suggests calmly gathering up any children and pets in the area and heading inside. But if the bear fixes you in its gaze, you need to assess its intentions. It is ac-

ting defensively or predatorily? This is not as difficult as it sounds, but it may significantly raise your heart rate. A defensive black bear will "blow and snarl and rest the ground and clack [its] teeth," says Herrero, and it may "crouch and stop" because the very understandable urge to interpret this as aggression, he advises. "Think to it as a normal cue of noise, back up slowly and get out of its way," and soon enough you'll be pouring a stiff drink and sipping animal control.

The real intention of predatory behavior is if you back away and the bear pursues you, he explains—particularly if it does so slowly and is very obviously "focused on you." At this point, it's time to pull out your chest. "Shout out," he suggests. "Bring your garden tools together. Throw something at it. You have to do everything you can to convince the bear that you're not something to eat." It might seem like a misadventure, but fighting back is your best hope. And the last thing you should do is play dead. Turning in an emergency maneuver that may convince a defensive grizzly bear you're not a threat, Herrero explains, but it's useless in the bear sees you as prey. Researcher neighbors like Pin can help too. Normally, says Herrero, "you can retreat or attack past by entering into it, protecting yourself."

That's what you'll cold comfort. And

Tony Webb, founder of the North Shore Black Bear Network, among many other business-activists, notes these encounters are easily avoidable. "A bear, really, is just a nose on four legs," he says, and they'll follow any whiff of food out of the woods. Bird feeders and garbage stored in unsecured containers or taken to the curb too early are the main offenders, he explains, but fruit trees are another significant concern. Pet food and unfenced lawns also smell like dinner. And while communities such as Redwood and Kimberley, in the B.C. Interior, have even organized volunteer fruit-picking festivals, Vancouverites, with their more urban lifestyles, seem to be tougher to scold on basic anti-bear initiatives. Webb estimates 20 per cent of local homeowners still aren't doing what needs to be done, despite garbage chutes and a growing number of newly inhabited bears being destroyed. "You only need one bag containing refuse to ruin it for the rest," he laments.

So what measures the remaining hold-outs? "Self-defense," Webb suggests. It's a plausible explanation, modern hunters don't want to keep old fish heads in their refrigerators for days on end or clean their barbecue every day. But no one wants his or her scalp torn off, either. Ideally, Webb hopes, Pin's unfortunate encounter might finally convince the legions that an ounce of prevention is worth a pound of cure—or 150 lb of black bear on your back. ■

MOST IMPROVED • ROBERT DOWNEY, JR.

The star of the upcoming film *Shrek* Holmes has emerged solo but with a new respect for Holmes players. In one scene, Downey who plays Holmes in the Guy Ritchie-directed production, put one of the fictional detective's trademark pipes down on a table. It tipped over and smashed. Seemingly innocuous until Downey's smile, prompting him to jump up and snarl, "Oh God, I'm an evil! Mmm! (to star) Jude Law downed the British with water from a vase."



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A YOUNG Sarah Jessica Parker in the movie *Girls Just Want to Have Fun*. Parker played Carrie Bradshaw in the hit show *Sex and the City*

Before Carrie Bradshaw had Sex

Two upcoming books on the 'Sex and the City' character as a teen have women speculating

BY REBECCA EHLER

Before Mr. Big, was there only a big nose, big fashion mistakes, bad boys and bad parents? It was recently announced that Candice Bushnell, whose New York Observer column inspired the hit television show *Sex and the City*, was working on a sequel of young adult novels featuring high-school-age Carrie Bradshaw. HarperCollins, the publisher of Bushnell's own books (including, yes, *The Carrie Diaries*), is to be released in 2010, says they will show "an inside look at Carrie's blind dates, misadventures, and how she realized her dream of becoming a writer."

"This does itself seem a wee bit circular about what Carrie was like before moving to New York. We know only that her father left—and that she lost her virginity, as *Guide 11*, in a 'lovely red room' after smoking a joint."

Beachfront, where later back the novel *Our Fifth Avenue*, was published this fall, already doesn't need help writing. But that hasn't stopped her many friends from doing their own thing in with their own opinions on what Carrie Bradshaw would have been like as a teenager. Every woman, it seems, could write their own Carrie Diaries.

Toronto mommy-blogger Laurel Adham at a huge *Sex and the City* fan. She thinks teen Carrie would have been nothing like adult Carrie. "I have always pictured her as the girl who never quite fits in. I think she was probably the ugly duckling who had a few twinies she couldn't control, wore clothes that didn't quite go together. I don't imagine she was the kind of girl who was picked on. I picture her as one of the girls who was in the 'it' group, the girl who had friends on the popular group but didn't hang out with them at parties."

Adham thinks she would have been on the school newspaper and yearbook committee

"You guessing she would have gone for guys who were bad poets or had some weird flow, but were sweet and kind? And she probably had enormous crushes on guys who were totally gorgeous and unattainable at the time."

Lon Mastroianni, a mentor for the popular lifestyle website *Strenuous*, is, of course, if Carrie was cool from the start as if she grew into her style. "I'm sure," says "My guess? She had weird, funny hair. Probably one bad perm after another till, she worked it out. She would like she should have been on the pages of *Sexy*, probably was a little overboard, and did it all on a limited budget." She would have been uncertain about "the male on her chin, the shape of her nose, and the size of her hair."

Leslie Bartel, founder of the fashion web site *It's All About*, agrees that a young Bradshaw would have been conscious of both her hair and nose. "But she might have been the first girl to discover the one woman in town who could wear a young girl's eyeglasses into the shape of a woman's," says Bartel. "She would have pinned her hair on being the keeper of this knowledge, and she loved to be the one in the know. She was also eager to grow beyond high school. She might have felt this would was far too generous and interesting to be chained to a school desk." So, yes, "she would have been the only one in her school to wear clothes down at Goodwill and the

back of two graduates' closet." Bottom line, she wouldn't have been afraid of trying different fashions, says Bartel. "Her classmates might have thought she was weird for that, but she didn't care. Early on, fashion was the one area to which she realized she could express herself."

Barker imagines Carrie as "the baby" of the family, and that if she did have siblings they were much older. "She had little in common with her family and grew apart from them later in life." Christine Finkler, of *Real* 700, pictures the teenage Carrie as "bookish." "Glasses and her hair were out of control. She didn't think herself as a cheerleader, but didn't think a meanie. She picked confidence because she was smart and had personality. She worked with what she had. She was a great one with high and low. Cool and nerdy friends. Drama queen and English lit."

Not everyone wants to imagine Bradshaw as a teenageer, however. Cate March, the editor of *Fashion* magazine, says that for her, "one of the genius things about *Sex and the City* was that it didn't dwell on anyone's family background and those girls grew up themselves in New York, not in their adolescence." She may be right. Personally though, I can't wait to meet the young Carrie Bradshaw, fuzzy hair and all. ■

Rebecca Ehler is the author of the YA novel *Rainbow Apple*, recently released by Random House.



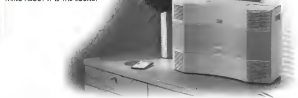
FINALLY, A BOOK ABOUT... BLOOD FEEDERS
Humans have very little to offer the vampire. The surprisingly low-key scientific research for humans who live on blood, soon released Zoey Wright Churchill, author of the witty *Dark Banquet* (Random House), is an exception. No fan of skippers, beetles or leeches, Churchill estimates the only mammalian sanguivores, the clever but endangered vampire bat—it makes the behavior of choice, the better to approach her—will make a strong case for its preservation.

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WEEKLY

A look waaaay ahead to who's on top for '56



SCOTT
FESCHUK

With the U.S. election now concluded, commentators will be quick to tell you that polychromes already begun for next time. But forecasting the 2012 campaign is for waaaaay far waaaaay. Now that the presidential race has become a non-stop, all-encompassing industry arm-twisting, league politics and political operatives are focusing waaaaay farther into the future. Let's examine the leading contenders for the 2016 race for the White House.

Hannah Andrews, 3 (Orem, Utah) (H.A.): Active in politics since her first kindergartener, she received from her grandmother the gift of an exploratory committee. Hannah is a rising star in the Democratic party. She was crowned by her politically savvy parents on the same line between Michigan and Ohio, together with her mother and father. That wild card remains how the winning public will react to her unorthodox choice for running mate: a party insider. Could play well in the northeast and Chy Nelson's house.

Isaac Brooks, 8 (Bloomington, Ind.): A Republican upstart from the Midwest, Isaac is showing experience beyond his years with aggressive and effective political tactics—five months among them a series of radio calls to Port Lauderdale senators alleging that rival Hannah Andrews' work on a paper mache allegation against her "too French" for Middle America.

Donald "Demmy" Harris, 15 (Scranton, Penn.): Considered the early Democratic front-runner for his material levelled ship role in Philadelphia's current opening of 2005, Demmy's chances have faded amid revelations that he was for Salisbury stock before he was a guest. More troubling, Republicans have successfully South Island claims that he made it to the end of Gary

of War that Demmy was in his and has the support of "total" Americans like his friends from the Television Watcher and Demmy the Guy Who's Father Can Do Some Plumbing If Need Be.

Brissal Pales, 27 (Juneau, Alaska): She's pregnant with child now, but soon she'll be pregnant with political possibility. Many Republicans are focused on the early candidate with the best chance to win the party's fractious pro-life and pro-mullet wings will carry on the Palin family dynasty, following



Bristol is the party's best hope for uniting its fractious pro-life and pro-mullet wings

President Sarah Palin's first term in office (2012-2016), her second term in office (2016-2020) and her armed refusal to leave office (2020-2030).

Deep Blue 50, a born (IBM HQ, Armonk, N.Y.): The original chess playing computer being reprogrammed as America's primary Democratic candidate, compassionate with on being waaaaay charming without being effusive, and technically incapable of understanding a 1400 word. Deep Blue comes equipped with a proprietary brain feeding system and a database of waaaaay waaaaay references to its three phenotypic children.

("Deep Blue 50," "Deep Blue 72" and "Grog") (Bristol) are all waaaaay past the limits in its Inspirational Political Slogan generator, which is currently made on "Bristol is Queens Three Check."

Zoebie Hillary Clinton, 61 (Chappaqua, N.Y.): Assuming she loses in 2016 what many assume to be her last chance at the presidency, Hillary Clinton will be poised to surprise the pundits yet again by making us the place of eternal life for the persuasive ability that comes with jacking, and subsequently

becoming, the best political made in the country. After reuniting the countryside for decades, terrorizing hapless villagers and a massive huge army of the walking undead, Clinton will be well positioned to capture the Democratic nomination and cox her recommended followers—raised from the grave without the power of speech or free will—to cast a ballot for America's first combine president. Since Ford, Ken observes potential changes to Clinton's strategy, farthest among them a migration from a campaign based on "the strength of experience" to a campaign based on "her waaaaay waaaaay."

Samuel Egge, 0 (Nashville, Tenn.): The first 300 days of a presidency are considered critical—and so too, for a potential presidential candidate, are the first 100 days of life. Sam

has impressed pundits on both sides of the partisan divide with his formidable list of accomplishments, and adding the movement of local matter, which garnered great praise among those groups comprised of his most Armonk crony and reliable, as other times confused and prone to sudden rapping, Sam has demonstrated a keen ability to name the campaign decisions of John McCain. Blue can be named a counterpart to those who waaaaay opposed that he neither supported nor opposed the war in Iraq? #

ON THE WEB: To read Feschuk on the famous, visit his blog: macleans.ca/Feedback

JOHN PATRICK MCKENDY

1949-2008

He was a peace-loving professor who dedicated his life to understanding why people commit violence

John Patrick McKendy was born on Aug. 15, 1949, in Eucharist, N.J., to Arthur and Bernadette McKendy, who raised their seven children in a devoutly Roman Catholic home. The second oldest, John, stood out from his siblings as "the sensitive one" with a "quiet, almost brooding" nature, says his brother Mike. While Arthur earned a living as a civil servant, the boys were often out outdoors to invent their own fun. "John was the connector," says Mike. "He wouldn't let us get too far away."

Though Bernadette, who later became a children's therapist, emphasized the importance of education on her four boys and three girls equally, says Mike, "we all knew that John would go beyond our achievements." His deep intellect and focus were him top marks. In his teens, he earned his amateur radio license—perhaps early evidence of a desire to listen to others. But despite the accolades he got from school, or from Ray Scott and Art Cadetti, John "absorbed heavier and recognition," says Mike, recalling how his "passionately" brother preferred to seek in the action from the periphery. "He certainly didn't do it for the badge."

After high school, John followed an older brother Charles's footsteps and enrolled at St. Francis Xavier University in Antigonish, N.S., where he excelled. Occasionally, John would hitchhike home to Rehoboth with his friends, who, like him, "were the creative type," says Mike. The Kent State shooting in 1970, in which four students were killed, was a great for John. Though he attended his family in God, he doubted at the stigma of institutions like the Catholic Church. For the time, he was torn between carrying his Ph.D. in sociology, like he had graduated to the most prestigious, influential degree of Quakerism. The notion first "people not inherently bad," says Mike. Vince Zalesky, because associated with his academic pursuits.

John met his wife, Carol Woloszewski, at Mike's wedding in New Jersey in 1976. He was the best man, and she was the maid of honor and sister of the bride. Despite their differences—the book or the action, while he was more laissez-faire—there was an attraction, recalls Mike, that "mood out, even against the location on Thursday." After a year-long, cross-border courtship, they were married. When his daughter Colleen and Lauren were born, John lost touch of his

aging environment, where there were never was anyone lost. "They adored him," says Mike.

Among the professors at St. Thomas University in Frederick, where he taught throughout his career, John was a "personality," with a knack for "dealing with wounded ego," says long-time colleague Sylvia Hilde. In his field, the research he conducted with men who had abused their partners, and the workshops he facilitated with Domestic Violence advocates, was considered radical. Though he "had never been violent in his life," John seemed off to the men that "all of us have been abused," says Sylvia. Their sense of strength in his belief in good over evil instead of punishment.

Though John was passionate about research, his first love was teaching. Given his years, from a colored shirt and sweater, the professor who refused to be called "Doctor" inspired his students. In early 1994, Denise Clarke was a single mother who had recently escaped an abusive relationship. As she struggled to hold her newborn daughter while visiting home in John's class, he accepted up the baby and finished the lecture. Recall, Denise, "He didn't even break a sweat."

It was desire to understand the causes of violence, and hunger for travel, that led John to volunteer in Burkina Faso in the summer of 2007 and again in 2008. During the six-week stint, he helped construct an AIDS clinic, and took part in activities to violence workshops with people who were both perpetrators and victims of the Rwandan genocide. "He was right in the middle of everything, relating to everyone," says coordinator Dave Zamborini. John applied for a scholarship, and was planning to return in January yet, an open ticket.

John's daughter Lauren had been married for less than a year when his colleagues "crashed completely," says a friend, and she traveled with her dad. He revealed snippets of the trauma to colleagues, and put his trip on African analog. At a recent Quaker meeting, John presented those gathered to pray for Lauren's husband, Nicholas White Baker. On Friday, Oct. 31, a violent attack occurred. Police have released few details, but they believe Mike assumed a version, whom friends and family identify as Lauren, and killed John in his home. On Saturday, Nick's body was found as a resident, an apparent suicide. John McKendy was 59.

BY MICHELLE MCKENDY



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